



Mediterranean Falafel Bowl

with Kale Freekeh Tabbouleh and Za'atar Carrots

VEGGIE 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

- Falafel
- Freekeh
- Za'atar Spice
- Grape Tomatoes
- Parsley
- Cucumber
- Kale, chopped
- Garlic
- Lemon
- Mayonnaise
- Mixed Olives
- Carrot

HELLO FALAFEL

Pre-made and so easy to prepare!

START HERE

- Before starting, preheat the oven to 425°F
- Wash and dry all produce.

Garlic Guide for Step 5:

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra-spicy: 1 tsp

Bust Out

Medium Pot, Measuring Cups

Ingredients

	2 Person	4 Person
Falafel	8	16
Freekeh	½ cup	1 cup
Za'atar Spice	1 tbsp	2 tbsp
Grape Tomatoes	113 g	227 g
Parsley	7 g	14 g
Cucumber	132 g	264 g
Kale, chopped	56 g	113 g
Garlic	6 g	12 g
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Mixed Olives	30 g	60 g
Carrot	340 g	680 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. COOK FREEKEH

Combine **freekeh** and **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil, then reduce heat to low. Simmer, still covered, until **liquid** is absorbed, 25-28 min.



4. PREP & MAKE DRESSING

While **falafels** and **carrots** cook, **halve tomatoes**. Cut **cucumbers** into ½-inch half-moons. Roughly chop **parsley**. Roughly chop **olives**. Roughly chop **kale**, if needed. Juice **lemon**. Peel, then mince or grate **garlic**. Whisk together **half the lemon juice**, **½ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl. Set aside.



2. ROAST CARROTS

Peel, then slice **carrots** into ½-inch rounds. Arrange on one side of a parchment-lined baking sheet. Toss with **1 tbsp oil** (dbl for 4 ppl) and za'atar. Season with **salt** and **pepper**.



5. MAKE TABBouleH & MIX MAYO

When the **freekeh** is finished cooking, add the **freekeh** and **kale** to the bowl with **dressing**. Toss to combine. Add **cucumbers**, **tomatoes** and **parsley**. Season with **salt** and **pepper**. Toss to combine. Whisk together **mayo**, **remaining lemon juice** and **¼ tsp garlic** (dbl for 4 ppl) (**NOTE:** Reference Garlic Guide in Start Strong) in a small bowl. Set aside.



3. COOK FALAFEL

Toss **falafel** with **1 tbsp oil** (dbl for 4 ppl). Arrange on the other side of the baking sheet with **carrots**. Roast in **middle** of oven, stirring both the **carrots** and **falafel** halfway through cooking, until golden-brown, 18-20 min.



6. FINISH AND SERVE

Divide **kale freekeh tabbouleh**, **carrots** and **falafel** between bowls. Sprinkle over **olives**. Drizzle over **garlic-mayo sauce**.

Dinner Solved!