



# Mediterranean Falafel Burger

with DIY Tzatziki and Roasted Sweet Potatoes

Veggie

30 Minutes



Falafel



Artisan Roll



Mini Cucumber



Greek Yogurt



Dill



Dill Pickle, sliced



Sweet Potato



Spring Mix



Roma Tomato



Hummus

HELLO FALAFEL

Pre-made and so easy to prepare!

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

2 Baking sheets, measuring spoons, strainer, box grater, parchment paper, small bowl, large non-stick pan

## Ingredients

	2 Person	4 Person
Falafel	8	16
Artisan Roll	2	4
Mini Cucumber	66 g	132 g
Greek Yogurt	100 g	200 g
Dill	7 g	14 g
Dill Pickle, sliced	90 ml	180 ml
Sweet Potato	510 g	1020 g
Spring Mix	28 g	56 g
Roma Tomato	160 g	320 g
Hummus	57 g	114 g
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



## Roast sweet potatoes

Cut **sweet potatoes** into ½-inch wedges. Toss **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown, 22-24 min.



## Toast rolls

While **falafel** cooks, cut **tomato** into ¼-inch rounds. Halve the **rolls**. Arrange them cut-side up on another baking sheet. Toast in the **top** of the oven, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)



## Make tzatziki

While the **sweet potatoes** roast, roughly chop the **dill**. Grate **cucumber** directly into a small bowl. Season with **salt**. Drain **liquid** from grated **cucumber**. Add **yogurt** and **dill**. Season with **pepper**, then stir to combine. Set aside.



## Assemble burgers

Spread **hummus** over the **top rolls**. Spread **tzatziki** over the **bottom rolls**, then top with **pickles, tomatoes, falafel, spring mix** and **top rolls**.



## Cook falafel

Heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp oil** (dbl for 4 ppl), then **falafel**. Cook, turning occasionally, until golden-brown and crispy, 6-7 min.



## Finish and serve

Divide **falafel burgers** and **sweet potatoes** between plates. Serve **any remaining tzatziki** on the side, for dipping.

## Dinner Solved!