



# Mediterranean Falafel Sandwich

with Tzatziki and Side Salad

Veggie

30 Minutes



Falafel



Sub Roll



Mini Cucumber



Dill Pickle, sliced



Spring Mix



Roma Tomato



Hummus



Lemon



Tzatziki

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

Measuring spoons, zester, large bowl, small bowl, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Falafel	8	16
Sub Roll	2	4
Mini Cucumber	132 g	264 g
Dill Pickle, sliced	90 ml	180 ml
Spring Mix	56 g	113 g
Roma Tomato	160 g	320 g
Hummus	57 g	114 g
Lemon	1	1
Tzatziki	56 g	113 g
Sugar*	¼ tsp	½ 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.*

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## Prep

Cut **half the tomato** into ½-inch pieces. Slice **remaining tomato** into ¼-inch rounds. Cut **cucumbers** into ¼-inch rounds. Drain, then cut **pickles** into ½-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Add **hummus** and **lemon zest** to a small bowl. Season with **pepper**, then stir to combine.

4



## Make salad

Add **1 tbsp lemon juice**, **¼ tsp sugar** and **1 tbsp oil** (dbl all for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **chopped tomatoes**, **spring mix** and **half the cucumbers**, then toss to combine.

2



## Cook falafel

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **falafel**. Pan-fry until golden-brown, 3-4 min per side, adding **1 tbsp oil** (dbl for 4 ppl) after flipping. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 2 tbsp oil per batch.)

5



## Finish and serve

Cut **falafel** into half-moons. Spread **lemony hummus** over **top rolls**. Spread **some tzatziki** over **bottom rolls**, then top with **pickles, sliced tomatoes, remaining cucumbers, falafel** and **top rolls**. Divide **falafel sandwiches** and **salad** between plates. Serve any **remaining tzatziki** on the side for dipping. Squeeze a **lemon wedge** over, if desired.

## Dinner Solved!

3



## Toast rolls

While **falafel** cook, halve **rolls**. Add **rolls** directly to the **middle** rack of the oven, cut-side up. Toast until golden-brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)