



Mediterranean Falafel Wrap

with Chopped Salad, Garlicky Yogurt and Sweet Potato Wedges

VEGGIE

30 Minutes



Falafel



Pita Bread



Hummus



Roma Tomato



Greek Yogurt



Sweet Potato



Parsley



White Wine Vinegar



Garlic



Spring Mix



Shawarma
Spice Blend

HELLO FALAFEL

Pre-made and so easy to prepare!

Start Strong

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

Garlic Guide for Step 4:

- Mild: ½ tsp
- Medium: ¼ tsp
- Zesty: ½ tsp

Bust Out

2 Baking Sheets, Garlic Press, Large Bowl, Parchment Paper, Medium Bowl, Whisk, Measuring Spoons

Ingredients

	2 Person	4 Person
Falafel	8	16
Pita Bread	2	4
Hummus	57 g	114 g
Roma Tomato	80 g	160 g
Greek Yogurt	100 g	200 g
Sweet Potato	340 g	680 g
Parsley	7 g	14 g
White Wine Vinegar	1 tbsp	2 tbsp
Garlic	3 g	6 g
Spring Mix	56 g	113 g
Shawarma Spice Blend	1 tbsp	2 tbsp
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.

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1. PREP & ROAST SWEET POTATOES

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



4. MAKE GARLICKY YOGURT

In a medium bowl, mix **yogurt** with **half the parsley** and **¼ tsp garlic** (dbl for 4ppl). (**NOTE:** Reference Garlic Guide in Start Strong.) Season with **salt** and **pepper**, set aside.



2. PREP

While **sweet potatoes** roast, roughly chop **tomatoes** and **parsley**. Peel, then mince or grate **garlic**.



5. MAKE CHOPPED SALAD

In a large bowl, whisk **vinegar** with **½ tsp sugar** and **1 tbsp oil** (dbl both for 4ppl). Add **spring mix** and **tomato**, toss to coat. Season with **salt** and **pepper**.



3. BAKE PITAS & FALAFEL

On another baking sheet, arrange **pitas** and **falafels**. Bake in **top** of oven until warmed through, 8-10 min.



6. FINISH & SERVE

Divide **warm pitas** between plates, then spread **hummus** over **pitas**. Top with **falafel** and some **chopped salad**. Dollop **half the garlicky yogurt** over **falafels**. Serve with **sweet potato wedges**, **remaining chopped salad** and **remaining garlicky yogurt**, for dipping. Sprinkle with **remaining parsley**.

Dinner Solved!