



MIXED BEAN FALAFEL

with Parsley Salad

VEGGIE



HELLO FALAFEL

A popular street food across the Middle East and Egypt!

TIME: 30 MIN



Mixed Beans



Lemon



Chickpea Flour



Parsley



Cherry Tomatoes



Bulgur Wheat



Mayonnaise



Garlic



Mini Cucumber



Red Wine Vinegar



Sesame Oil

BUST OUT

- Medium Bowl
- Zester
- Measuring Cups
- Garlic Press
- Small Bowl
- Medium Pot
- Measuring Spoons
- Large Non-Stick Pan
- Strainer
- Salt and Pepper
- Paper Towel
- Olive or Canola Oil
- Potato Masher

INGREDIENTS

2-person | 4-person

- | | | | |
|----------------------|--------|--|---------|
| • Mixed Beans | 540 ml | | 1080 ml |
| • Lemon | 1 | | 2 |
| • Chickpea Flour | ¼ cup | | ½ cup |
| • Parsley | 7 g | | 14 g |
| • Cherry Tomatoes | 113 g | | 227 g |
| • Bulgur Wheat 1 | ½ cup | | 1 cup |
| • Mayonnaise 3,6,9 | ¼ cup | | ½ cup |
| • Garlic | 6 g | | 12 g |
| • Mini Cucumber | 132 g | | 264 g |
| • Red Wine Vinegar 9 | 1 tbsp | | 2 tbsp |
| • Sesame Oil 8 | ½ tbsp | | 1 tbsp |

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

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|-----------------|---------------------------|
| 0 Fish/Poisson | 6 Mustard/Moutarde |
| 1 Wheat/Blé | 7 Peanut/Cacahuète |
| 2 Milk/Lait | 8 Sesame/Sésame |
| 3 Egg/Oeuf | 9 Sulphites/Sulfites |
| 4 Soy/Soja | 10 Crustacean/Crustacé |
| 5 Tree Nut/Noix | 11 Shellfish/Fruit de Mer |

*Laver et sécher tous les aliments.



START STRONG

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 PREP Wash and dry all produce.* In a medium pot, add **¾ cups water** (dbl for 4 ppl) and **½ tsp salt** (dbl for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, mince or grate **garlic**. Finely chop **parsley**. Halve **tomatoes**. Cut **cucumbers** into ¼-inch pieces. Zest and juice **lemon**. Drain and rinse **beans**.



4 COOK FALAFELS Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **patties**. Cook, until golden-brown, 3-4 min per side. Transfer to a paper towel-lined plate. Sprinkle with **salt**. (**NOTE:** Cook patties in two batches for 4 ppl, using 1 tbsp oil for each batch!)



2 COOK BULGUR To **boiling water**, add **bulgur**. Remove pot from heat. Cover and let stand, until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



5 ASSEMBLE SALAD Fluff **bulgur** with a fork, then add **tomatoes, cucumber, remaining parsley** and **2 tbsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**. In a small bowl, combine **mayo, sesame oil, lemon zest** and **1 tbsp vinegar** (dbl for 4 ppl). Season with **salt** and **pepper**.



3 MAKE FALAFELS Meanwhile, in a medium bowl, add **beans**. Using a potato masher, coarsely mash, until smooth. Add **garlic, chickpea flour** and **half the parsley**. Season with **¼ tsp salt** (dbl for 4 ppl) and **¼ tsp pepper** (dbl for 4 ppl). Stir together, until **bean mixture** is sticky and can be formed into a ball. Divide **mixture** into **6 portions** (12 portions for 4 ppl). Form into balls, then flatten into **patties**. (**NOTE:** Wear kitchen gloves when prepping falafel, if desired.)



6 FINISH AND SERVE Divide **bulgur salad** between plates. Top with **bean falafel**. Drizzle over **lemon dressing**.

SHH!

Using mixed beans instead of chickpeas is a fun way to sneak in extra veggies.

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