



Smoky Falafel Bowls

with Tahini Drizzle

Veggie 30 Minutes



Falafel



Basmati Rice



Vegetable Broth Concentrate



Sweet Bell Pepper



Baby Tomatoes



Lemon



Tahini



Shawarma Spice Blend



Garlic, cloves



Baby Spinach

HELLO FALAFEL

A Middle Eastern fritter made with chickpeas, herbs and spices!

Start here

Before starting, wash and dry all produce.

Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: ¾ tsp

Bust out

Measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Falafel	8	16
Basmati Rice	¾ cup	1 ½ cups
Vegetable Broth Concentrate	1	2
Sweet Bell Pepper	160 g	320 g
Baby Tomatoes	113 g	227 g
Lemon	1	1
Tahini	2 tbsp	4 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	1	2
Baby Spinach	56 g	113 g
Sugar*	¾ tsp	1 ½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Cook rice

Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **rice** and **Shawarma Spice Blend**. Cook, stirring often, until fragrant, 1 min. Add **broth concentrate**, **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Make tahini sauce

While **falafel** cook, add **tahini** and **2 tbsp warm water** (dbl for 4 ppl) to a small bowl. Whisk until smooth. Add **lemon zest**, **half the lemon juice**, **½ tsp sugar** (dbl for 4 ppl) and **¼ tsp garlic**. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then stir to combine.



Prep

While **rice** cooks, halve **tomatoes**. Core, then cut **pepper** into ¼-inch pieces. Peel, then mince or grate **garlic**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



Make salad

Add **remaining lemon juice**, **¼ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **spinach**, **peppers** and **tomatoes**, then toss to combine.



Cook falafel

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **falafel**. Pan-fry until golden-brown, 4-5 min per side. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.)



Finish and serve

Fluff **rice** with a fork. Divide **rice** between bowls. Top with **salad** and **falafel**. Drizzle **tahini sauce** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!