



Spicy Falafel Wraps

with Pickled Jalapeño and Creamy Avocado Tahini

Veggie

Spicy

35 Minutes



Falafel
16 | 32

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Falafel
8 | 16



Flatbread
2 | 4



Spring Mix
56 g | 113 g



Cilantro
7 g | 14 g



Jalapeño
1 | 2



Shallot
1 | 2



Lime
1 | 2



Feta Cheese, crumbled
1/4 cup | 1/2 cup



Guacamole
3 tbsp | 6 tbsp



Tahini
2 tbsp | 4 tbsp



Red Wine Vinegar
2 tbsp | 4 tbsp

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.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | 2 Baking sheets, measuring spoons, medium bowl, zester, large bowl, small pot, small bowl

1



Start prep

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.
- Heat Guide for Step 1: a quarter of the jalapeños for mild, half for medium, all the jalapeños for spicy!

- Thinly slice **jalapeño** into 1/8-inch rounds, removing seeds for less heat. (NOTE: Reference heat guide.) (TIP: We suggest using gloves when prepping jalapeño!)
- Peel, then thinly slice **shallot**.

2



Make pickled veggies

- Add **vinegar, jalapeños, shallots, 2 tbsp (4 tbsp) water** and **2 tsp (4 tsp) sugar** to a small pot. Season with **salt**.
- Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove the pot from heat.
- Transfer **jalapeños** and **shallots**, including **pickling liquid**, to a medium bowl.
- Set aside in the fridge to cool.

3



Roast falafel

*2 Double | Falafel

- Add **falafel** and **1 tbsp (2 tbsp) oil** to an unlined baking sheet. Toss to coat.
- Roast in the **middle** of the oven, tossing halfway through, until crispy and heated through, 7-9 min.

4



Finish prep

- Meanwhile, zest, then juice **lime**.
- Roughly chop **cilantro**.
- Add **lime zest, 1 tbsp (2 tbsp) lime juice, 1/4 tsp (1/2 tsp) sugar** and **2 tsp (4 tsp) oil** to a large bowl. Season with **salt** and **pepper**, then stir to combine. (NOTE: This is your dressing.)
- Add **guacamole, tahini sauce, half the cilantro** and **1 tsp (2 tsp) lime juice** to a small bowl. Season with **salt** and **pepper**, then stir to combine. (NOTE: This is your creamy avocado tahini.)

5



Toast flatbreads

- Arrange **flatbreads** on another unlined baking sheet.
- Drizzle **1/2 tsp oil** over **each flatbread**. Season with **salt** and **pepper**.
- Toast in the **top** of the oven until golden-brown, 2-4 min. (TIP: Keep an eye on flatbreads so they don't burn!)

6



Finish and serve

- Add **spring mix** to the large bowl with **dressing**. Toss to coat.
- Divide **flatbreads** between plates. Top with **salad** and **falafel**.
- Drizzle **creamy avocado tahini** and sprinkle **feta** over top.
- Top with **pickled veggies** and **remaining cilantro**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Roast falafel

*2 Double | Falafel

If you have opted for **double falafel**, prepare, cook and plate in the same way the recipe instructs you to prepare, cook and plate the **regular portion of falafel**.



Issue with your meal? Scan the QR code to share your feedback.