



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)



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.

Ingredient quantities	56 g	113 g
	2 person	4 person

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.