



Supercharged Falafel Bowls

with Hummus Dressing and Spiced Pita Crisps

Veggie 30 Minutes



Falafel



Roma Tomato



Mini Cucumber



Hummus



Parsley



Baby Spinach



Seed Blend



Greek-Style Pitas



Turkish Spice Blend



Lemon



Mixed Olives

HELLO HUMMUS

This creamy chickpea spread makes for a rich, smooth dressing!

Start here

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

Bust out

Baking sheet, measuring spoons, zester, parchment paper, small bowl, large non-stick pan, large bowl

Ingredients

	2 Person	4 Person
Falafel	8	16
Roma Tomato	160 g	320 g
Mini Cucumber	132 g	264 g
Hummus	57 g	114 g
Parsley	7 g	7 g
Baby Spinach	113 g	227 g
Seed Blend	28 g	56 g
Greek-Style Pitas	2	4
Turkish Spice Blend	1 tbsp	2 tbsp
Lemon	1	2
Mixed Olives	30 g	60 g
Sugar*	1 tsp	2 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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Prep

Cut **tomatoes** into ¼-inch pieces. Halve **cucumbers** lengthwise, then cut into ¼-inch half-moons. Roughly chop **parsley**. Zest, then juice **lemon**. Drain, then roughly chop or tear **olives**.



Make hummus dressing

While **falafels** cooks, add **lemon zest**, **hummus** and **3 tbsp water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Make pita crisps

Cut **pitas** into 1-inch pieces. Add **pitas**, **Turkish Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl, then toss to combine. Arrange **pitas** on a parchment-lined baking sheet and bake in the **middle** of the oven until golden-brown, 7-8 min. Transfer to a plate.



Make salad

Combine **lemon juice**, **1 tsp sugar** and **1 tbsp oil** (dbl for 4 ppl) in the same large bowl (from step 2). Add **tomatoes**, **cucumbers**, **olives**, **pita crisps** and **baby spinach**. Season with **salt** and **pepper**, then toss to combine.



Cook falafel

While **pitas** toast, heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **falafel**. Cook, flipping occasionally, until golden-brown and cooked through, 6-8 min.



Finish and serve

Divide **salad** between plates. Top with **falafel**. Drizzle with **hummus dressing**. Sprinkle **parsley** and **seed blend** over top.

Dinner Solved!