



Supercharged Falafel Bowls

with Hummus Dressing and Spiced Pita Crisps

Veggie

30 Minutes



Falafel



Beefsteak Tomato



Mini Cucumber



Hummus



Parsley



Baby Spinach



Sweet Bell Pepper



Pita Bread



Turkish Spice Blend



Lemon



Mixed Olives



Garlic, cloves



Plant-Based Mayonnaise

HELLO HUMMUS

This creamy chickpea spread makes an equally creamy dressing!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Falafel	8	16
Beefsteak Tomato	170 g	340 g
Mini Cucumber	132 g	264 g
Hummus	4 tbsp	8 tbsp
Parsley	7 g	7 g
Baby Spinach	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Pita Bread	2	4
Turkish Spice Blend	1 tbsp	2 tbsp
Lemon	1	2
Mixed Olives	30 g	60 g
Garlic, cloves	1	2
Plant-Based Mayonnaise	2 tbsp	4 tbsp
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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



1 Prep

- Cut **cucumber** in half lengthwise, then into ¼-inch half-moons.
- Cut **tomato** into ¼-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **parsley**.
- Zest, then juice **lemon**.
- Drain, then roughly chop or tear **olives**.
- Peel, then mince or grate **garlic**.



4 Make hummus dressing

- While **falafel** cook, add **lemon zest**, **half the plant-based mayo** (use all for 4 ppl), **garlic**, **hummus** and **½ tsp lemon juice** (dbl for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.



2 Make pita crisps

- Cut **pitats** into ½-inch pieces.
- Add **pitats**, **Turkish Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl, then toss to combine.
- Arrange **pitats** in a single layer on a parchment-lined baking sheet and bake in the **middle** of the oven until golden-brown, 5-7 min.
- Transfer to a plate.



5 Make salad

- Combine **remaining lemon juice**, **1 tsp sugar** and **1 tbsp oil** (dbl both 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.



3 Cook falafel and peppers

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



6 Finish and serve

- Divide **salad** between plates.
- Top with **falafel** and **peppers**.
- Dollop with **hummus dressing**.
- Sprinkle **parsley** over top.

Dinner Solved!