



Mezze-Inspired Falafel Dinner

with Roasted Potato Wedges and Spicy Feta Dipper

Veggie

Spicy

35 Minutes

Customized Protein

+ Add

Swap

or

x2 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](https://www.hellofresh.ca)

+ Add



Chicken Breast Tenders +
310 g | 620 g

x2 Double



Falafel
300 g | 600 g



Falafel
150 g | 300 g



Flatbread
2 | 4



Russet Potato
2 | 4



Sweet Bell Pepper
1 | 2



Zucchini
1 | 2



Parsley
7 g | 14 g



Garlic, cloves
2 | 4



Feta Cheese, crumbled
¼ cup | ½ cup



Spicy Mayo
4 tbsp | 8 tbsp



Tahini Sauce
2 tbsp | 4 tbsp



Shawarma Spice Blend
1 tbsp | 2 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-serving | 4-serving

1



Roast potatoes

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

• Remove any brown spots from **potatoes** and cut into ½-inch wedges. To a parchment-lined baking sheet, add **potatoes**, **Shawarma Spice Blend** and **1 tbsp oil**. (**NOTE:** For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.

• Roast in the **top** of the oven for 25-28 min, flipping halfway through, until tender and golden. (**NOTE:** For 4 servings, roast in the top and bottom of the oven, rotating sheets halfway through.)

2



Prep and roast veggies

- Cut **zucchini** into ¼-inch-thick rounds.
- Core, then cut **pepper** into 1-inch pieces.
- To an unlined baking sheet, add **zucchini**, **peppers** and **½ tbsp** (1 tbsp) **oil**. Season with **salt** and **pepper**, toss to coat.
- Roast in the **bottom** of the oven for 9-12 min, until golden and tender-crisp.

3



Finish prep

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- To a small bowl, add **garlic**, **half the parsley** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**. Stir to mix. This is your **herb and garlic oil**.
- To a medium bowl bowl, add **feta**, **spicy mayo** and **remaining parsley**. Stir to combine.

4



Warm falafel

*2 Double | Falafel

- Once **veggies** and **potatoes** are out of the oven, transfer to a plate and cover to keep warm. Reserve baking both sheets.
- On the parchment-lined baking sheet, toss **falafel** with **1 tbsp** (2 tbsp) **oil**.
- Roast in the **middle** of the oven for 8-10 min, flipping halfway through, until golden.

5



Toast flatbread

- Once **falafel** are halfway done, brush **flatbread** with the **garlic oil**. Place on unlined baking sheet. Toast in the **top** of the oven for 3-4 min, until golden and lightly crisp.

6



Finish and serve

+ Add | Chicken Breast Tenders

- Cut or tear **flatbreads** in half.
- Divide **falafel**, **potatoes**, **veggies**, **spicy feta spread** and **flatbread** between plates.
- Drizzle **tahini sauce** over **falafel**.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2-serving	4-serving	Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Cook chicken and warm falafel

+ Add | Chicken Breast Tenders

If you've opted to add **chicken breast tenders**, once **falafel** are in the oven, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.**

4 | Warm falafel

*2 Double | Falafel

If you've opted for **double falafel**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of falafel**.

6 | Finish and serve

+ Add | Chicken Breast Tenders

Divide **chicken**, **falafel**, **potatoes**, **veggies**, **spicy feta spread** and **flatbread** between plates.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum temperature of 165°F.