



# Dilly Falafel Wraps

with DIY Ranch

Veggie

25 Minutes

+ Add



Chicken Breast  
Tenders •  
310 g | 620 g

↔ 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  
150 g | 300 g



Flour Tortillas  
6 | 12



Dill Pickle, sliced  
90 ml | 180 ml



Spring Mix  
113 g | 227 g



Dill-Garlic Spice  
Blend  
1 tsp | 2 tsp



Tomato  
1 | 2



Cheddar Cheese,  
shredded  
¼ cup | ½ cup



Mayonnaise  
4 tbsp | 8 tbsp



Sour Cream  
1 | 2



Green Onion  
2 | 4



Mini Cucumber  
1 | 2



White Wine  
Vinegar  
½ tbsp | 1 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** | Oil, salt, pepper, sugar

**Cooking utensils** | Large bowl, large non-stick pan, measuring spoons, paper towels, small bowl, strainer, whisk

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## Prep

- Before starting, wash and dry all produce.

- Strain **pickles**, reserving the **brine**.
- Chop **pickles**.
- Cut **tomatoes** into ¼-inch pieces.
- Cut **cucumber** into ¼-inch half-moons.
- Thinly slice **green onions**.

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## Fry falafel

+ Add | **Chicken Breast Tenders**

- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **falafel**.
- Lightly smash with the back of a spatula. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 4-5 min per side.

3



## Make dilly sauce

- Meanwhile, add **mayo**, **sour cream**, **Dill-Garlic Spice Blend** and **pickle brine** in a small bowl.
- Season with **salt** and **pepper**, then whisk to combine. Set aside.

4



## Make salad

- Meanwhile, add **3 tbsp** (6 tbsp) **dilly sauce**, **half the white wine vinegar** (use all for 4 ppl) and **¼ tsp** (½ tsp) **sugar** to a large bowl, then whisk to combine.
- Add **half the spring mix**, **cucumbers**, **half the tomatoes**, **half the pickles** and **half the green onions**.
- Toss to combine.

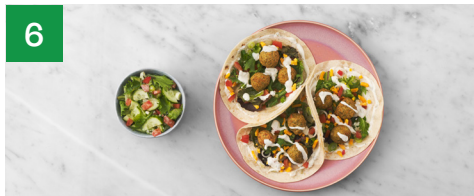
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## Warm tortillas

- Meanwhile, wrap **tortillas** in paper towels. Microwave until **tortillas** are warm and flexible, 1 min. (**TIP:** You can skip this step if you don't want to warm the tortillas.)

6



## Finish and serve

- Divide **remaining pickles**, **falafels**, **remaining dill sauce**, **remaining spring mix**, **cheese**, **remaining tomatoes** and **remaining green onions** between **tortillas**.
- Divide **dill falafel wraps** and **salad** between plates.

Measurements  
within steps

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

## 2 | Fry falafel and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan used to fry the **falafel** over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.\*\*

## 6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Divide **chicken** between **tortillas**.

\* 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 internal temperature of 74°C/165°F, as size may vary.