



Falafels and Shawarma Potato Wedges

with Feta-Yogurt Dip and Side Salad

Veggie

30 Minutes

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

+ Add



Chicken Breasts
2 | 4

*2 Double



Falafel
300 g | 600 g



Falafel
150 g | 300 g



Russet Potato
2 | 4



Spring Mix
56 g | 113 g



Baby Tomatoes
113 g | 227 g



Greek Yogurt
1 | 2



Feta Cheese, crumbled
¼ cup | ½ cup



Shawarma Spice Blend
1 tbsp | 2 tbsp



Lemon
1 | 1



Mini Cucumber
1 | 2



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, sugar, pepper

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

1



Prep and roast potato wedges

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

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **Shawarma Spice Blend** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with half the Shawarma Spice Blend and 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Cook falafel

*2 Double | Falafel

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **falafel**. (**NOTE:** Cook in batches for 4 ppl) Pan-fry until bottoms are golden-brown, 4 min.
- Flip **falafel**, then add **1 tbsp more oil**. Cook until **second side** is golden-brown, 4-5 min.

2



Finish prep

+ Add | Chicken Breasts

- Meanwhile, thinly slice **cucumber**.
- Zest, then juice **half the lemon**. Cut **any remaining lemon** into wedges.
- Halve **tomatoes**.

5



Make side salad

- Add ½ **tbsp** (1 **tbsp**) **lemon juice**, ¼ **tsp** (½ **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. (**TIP:** We love using olive oil in this recipe!) Season with **salt** and **pepper**, then combine.
- Add **spring mix**, **tomatoes** and **cucumbers**.
- Just before serving, toss to combine.

3



Make dip

- Add **yogurt**, **half the feta** and **lemon zest** to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

+ Add | Chicken Breasts

- Divide **falafel**, **potato wedges** and **salad** between plates.
- Serve **feta-yogurt dip** alongside.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

2 | Finish prep and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side. Transfer **chicken** to a parchment-lined baking sheet. (Use the same pan to cook falafel in step 4.) Roast in the **bottom** of the oven until **chicken** is cooked through, 12-14 min.**

4 | Cook falafel

*2 Double | Falafel

If you've opted for **double falafel**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of falafel**. Work in batches, if necessary.

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Top plate with **chicken**.

* 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.