

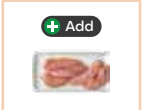


# Falafel and Golden Rice Bowls

## with Chopped Salad and Tahini-Yogurt Drizzle

Veggie

25 Minutes



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



Falafel  
150 g | 300 g



Basmati Rice  
¾ cup | 1 ½ cups



Mini Cucumber  
1 | 2



Sweet Bell Pepper  
1 | 2



Tomato  
1 | 2



Shallot  
1 | 2



Parsley  
7 g | 14 g



Feta Cheese, crumbled  
¼ cup | ½ cup



Cumin-Turmeric Spice Blend  
1 ½ tsp | 3 tsp



Yogurt Sauce  
3 tbsp | 6 tbsp



Tahini Sauce  
2 tbsp | 4 tbsp



Red 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, sugar, salt, pepper, unsalted butter

**Cooking utensils** | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, small bowl

1



## Cook golden rice

• Before starting, wash and dry all produce.

- Heat a medium pot over medium heat.
- Meanwhile, peel, then finely chop **shallot**.
- When hot, add  $\frac{1}{2}$  **tblsp** (1 **tblsp**) **oil**, then **rice**, **half the shallots** and **Cumin-Turmeric Spice Blend**. Cook, stirring often, until fragrant, 2-3 min.
- Add **1**  $\frac{1}{4}$  (2  $\frac{1}{2}$  cups) **cups water** and  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  **tsp**) **salt** and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



## Make salad

- Meanwhile, add **cucumbers**, **peppers**, **tomatoes**, **remaining shallots**, **half the parsley**, **half the vinegar** (use all for 4 ppl),  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  **tsp**) **sugar** and **1 tblsp** (2 **tblsp**) **oil** to a medium bowl. (**TIP**: We love using olive oil in this recipe.) Season with **salt** and **pepper**, then stir to combine.

2



## Prep

+ Add | **Chicken Breast Tenders**

- Meanwhile, cut **cucumber** into  $\frac{1}{2}$ -inch pieces.
- Core, then cut **pepper** into  $\frac{1}{2}$ -inch pieces.
- Roughly chop **parsley**.
- Cut **tomato** into  $\frac{1}{2}$ -inch pieces.

5



## Make sauce

- Combine **yogurt sauce**, **tahini sauce** and  $\frac{1}{8}$  **tsp** ( $\frac{1}{4}$  **tsp**) **sugar** in a small bowl. Season with **salt** and **pepper**, then stir to combine.

3



## Cook falafel

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tblsp oil**, then **falafel**. (**NOTE**: Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 **tblsp** oil per batch.) Pan-fry until golden-brown on one side, 4-5 min.
- Add **1 tblsp oil**, then flip the **falafel**. Pan-fry until golden-brown on the other side, 4-5 min.

6



## Finish and serve

+ Add | **Chicken Breast Tenders**

- Fluff **rice** with a fork, then stir in **half the parsley** and **1 tblsp** (2 **tblsp**) **butter**.
- Divide **rice** between bowls.
- Top with **falafel** and **salad**.
- Sprinkle **feta** and drizzle **tahini-yogurt sauce** over top.
- Sprinkle **remaining parsley** over top.

Measurements  
within steps

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

## 2 | Prep 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 a large non-stick pan over medium-high heat. When hot, add  $\frac{1}{2}$  **tblsp** (1 **tblsp**) **oil**, then **chicken breast tenders**. Sear until tenders are golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate and cover to keep warm. Use the same pan to cook **falafel** in step 3.

## 6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top bowls 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.