



Falafel Platters

with Roasted Potatoes and Garlic Hummus Drizzle

Veggie

35 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



Yellow Potato
350 g | 700 g



Hummus
4 tbsp | 8 tbsp



Garlic, cloves
1 | 2



Sweet Bell
Pepper
1 | 2



Red Wine Vinegar
2 tbsp | 4 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Feta Cheese,
crumbled
1/4 cup | 1/2 cup



Tomato
2 | 4



Parsley
7 g | 7 g



Shawarma Spice
Blend
1 tbsp | 2 tbsp



Baby Spinach
113 g | 227 g

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 | Salt, pepper, sugar, oil

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, small bowl, whisk

1



Roast potatoes

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

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **1 tbsp** (2 tbsp) **oil** and **Shawarma Spice Blend** to an unlined baking sheet.
- Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 25-28 min.

2



Prep and make garlic hummus

- Meanwhile, cut **tomatoes** into ½-inch pieces.
- Cut **peppers** into ¼-inch pieces.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Stir together **hummus**, **mayo**, **half the vinegar**, **½ tbsp** (1 tbsp) **water** and **¼ tsp** (½ tsp) **garlic** in a small bowl. Set aside.

3



Cook falafel

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **1 tbsp oil**, then **falafel**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.)
- Fry until golden-brown, 3-4 min per side. Season with **salt** and **pepper**.

4



Marinate veggies

+ Add | **Chicken Breast Tenders**

- Meanwhile, add **remaining vinegar**, **2 tbsp** (4 tbsp) **oil** and **½ tsp** (1 tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, **peppers** and **parsley**. Stir to combine.

5



Finish and serve

+ Add | **Chicken Breast Tenders**

- Divide **baby spinach** between plates.
- Top with **potatoes**, **marinated veggies**, **falafel** and **feta**.
- Drizzle **garlic hummus** over top.

Measurements
within steps

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

4 | Marinate veggies 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 cook 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.**

5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Divide **chicken** 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 internal temperature of 74°C/165°F.