



Falafel Platters

with Roasted Potatoes and Garlic Hummus Drizzle

Veggie

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

+ Add



Chicken Breast Tenders
310 g | 620 g

x2 Double



Falafel
300 g | 600 g



Falafel
150 g | 300 g



Yellow Potato
350 g | 700 g



Hummus
4 tbsp | 8 tbsp



Garlic, cloves
1 | 2



Roasted Peppers
170 ml | 340 ml



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.*

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

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.
- Remove any brown spots on **potatoes** then cut 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 for 25-28 min, stirring halfway through, until tender and golden.

4



Marinate veggies

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

2



Prep and make garlic hummus

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

5



Finish and serve

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

3



Cook falafel

+ Add | **Chicken Breast Tenders**

×2 Double | **Falafel**

- Heat a large non-stick pan over medium-high.
- 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 for 3-4 min per side, until golden. Season with **salt** and **pepper**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

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.

3 | Cook chicken and falafel

+ Add | **Chicken Breast Tenders**

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. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook for 1-2 min per side, until golden. Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven for 12-14 min, until **chicken** is cooked through.** Carefully wipe out pan and use to cook falafel.

3 | Cook falafel

×2 Double | **Falafel**

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

5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top bowls with **sliced chicken**, **potatoes**, **marinated veggies**, **falafel** and **feta**.

♦ 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 165°F, as size may vary.