



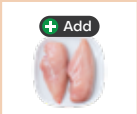
# Spicy-Sweet Falafel Tacos

with Sesame Slaw

Veggie

Spicy

25 Minutes



Chicken Breasts  
2 | 4

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://hellofresh.ca)



Falafel  
150 g | 300 g



Flour Tortillas  
6 | 12



Sesame Oil  
1 tbsp | 2 tbsp



Gochujang  
2 tbsp | 4 tbsp



Honey-Garlic Sauce  
4 tbsp | 8 tbsp



Black Sesame Seeds  
7 g | 14 g



Coleslaw Cabbage Mix  
170 g | 340 g



Radish  
2 | 4



Green Onion  
2 | 4



Soy Sauce  
1 tbsp | 2 tbsp



Seasoned Rice Vinegar  
1 tbsp | 2 tbsp



Mayonnaise  
2 tbsp | 4 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 non-stick pan, measuring spoons, 2 medium bowls, paper towels, whisk

1



### Toast sesame seeds

- Before starting, wash and dry all produce.

- Heat a large non-stick pan over medium-high.
- When hot, add **sesame seeds** to the dry pan. Toast for 2-4 min, stirring often, until fragrant. (**TIP:** Keep your eye on them so they don't burn.) Transfer to a plate.

2



### Make slaw

- Meanwhile, thinly slice **green onions**.
- Cut **radishes** into ¼-inch half-moons.
- To a medium bowl, add **mayo**, **rice wine vinegar**, ¼ **tsp** (½ **tsp**) **sugar**, **half the soy sauce** and **half the sesame oil**. Whisk to combine.
- Add **coleslaw mix** and **radishes**. Season with **salt** and **pepper**. Stir to combine.

3



### Make spicy-sweet glaze

+ Add | **Chicken Breasts**

- To another medium bowl, add **honey-garlic sauce**, **remaining soy sauce**, **remaining sesame oil** and **gochujang**. Whisk to combine.

4



### Pan-fry falafel

- Reheat the pan (from step 1) over medium-high. Add **1 tbsp oil**, then **falafel**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 servings if needed, using 1 **tbsp** oil per batch.)
- Lightly smash **falafel** into smaller pieces, then pan-fry for 4-8 min, tossing occasionally, until browned.
- Remove from heat, add **spicy-sweet glaze**, then toss to coat.

5



### Warm tortillas (optional)

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

6



### Finish and serve

+ Add | **Chicken Breasts**

- Divide **tortillas** between plates.
- Top with **coleslaw**, then **saucy falafel**.
- Sprinkle **green onions** and **sesame seeds** over top.

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

#### For 6 servings

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 | Make glaze and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Reheat the same pan (from step 1) over medium. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **chicken**. Pan-fry for 6-7 min on one side until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.\*\* Use the same pan to cook **falafel** in step 4.

### 6 | Serve up

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Top **tortillas** with **coleslaw**, **chicken** and **falafel**.

♦ 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.