



# Falafel Platters

with Roasted Potatoes and Garlic Hummus Drizzle

Veggie

35 Minutes



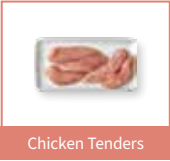
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**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add chicken tenders, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Falafel



Chicken Tenders



Yellow Potato



Hummus



Garlic, cloves



Sweet Bell Pepper



Red Wine Vinegar



Mayonnaise



Feta Cheese, crumbled



Tomato



Parsley



Shawarma Spice Blend



Spring Mix

HELLO FALAFEL

A Middle Eastern fritter made with chickpeas, herbs and spices!

## Start here

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

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

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

## Ingredients

	2 Person	4 Person
Falafel	8	16
Chicken Tenders	340 g	680 g
Yellow Potato	300 g	600 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	¼ cup	½ cup
Tomato	2	4
Parsley	7 g	7 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## 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.



### 1 Roast potatoes

- 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.



### 4 Cook falafel

- Heat the same pan over medium-high.
- When 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.



### 2 Prep and make garlic hummus drizzle

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



### 5 Marinate veggies

- 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** and **parsley**. Stir to combine.



### 3 Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer to a plate. Set aside.

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium-high. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken tenders**. Sear until golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate. Reuse the same pan to cook **falafel** in step 4.



### 6 Finish and serve

- Divide spring mix between plates.
- Top with **roasted potatoes**, **peppers**, **marinated veggies**, **falafel** and **feta**.
- Drizzle **garlic hummus** over top.

Top final plates with **chicken**.

## Dinner Solved!



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