



# Falafel Platters

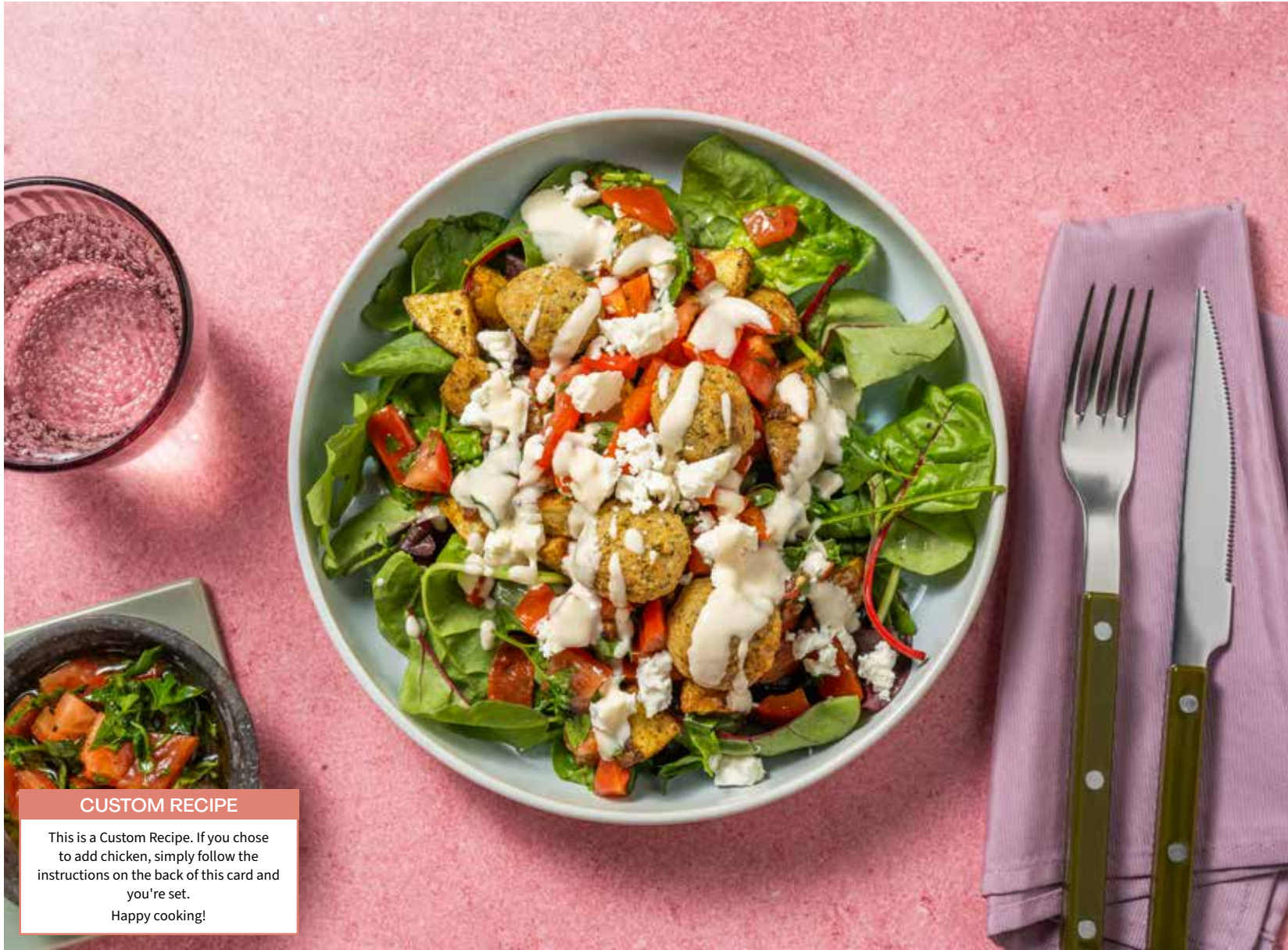
with Roasted Potatoes and Garlic Hummus Drizzle

Veggie

35 Minutes



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Falafel



Chicken Breasts



Yellow Potato



Hummus



Garlic, cloves



Sweet Bell Pepper



Red Wine Vinegar



Mayonnaise



Feta Cheese, crumbled



Roma Tomato



Parsley



Shawarma Spice Blend



Spring Mix

### CUSTOM RECIPE

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

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 Breasts*	2	4
Yellow Potato	300 g	600 g
Hummus	4 tbsp	8 tbsp
Garlic, cloves	1	2
Sweet Bell Pepper	160 g	320 g
Red Wine Vinegar	2 tbsp	4 tbsp
Mayonnaise	2 tbsp	4 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Roma Tomato	190 g	380 g
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 **peppers** to a plate. Set aside.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a medium non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\*



### 6 Finish and serve

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

Thinly slice **chicken**. Top final plates with **chicken**.

## Dinner Solved!



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