



Crispy Falafel Crumble Hummus Plates

with Herby Roasted Veggies and Flatbreads

Veggie

30 Minutes



Falafel



Hummus



Flatbread



Sweet Bell Pepper



Red Onion



Baby Tomatoes



Parsley



Cilantro



Garlic Puree



Plant-Based Garlic-Parmesan Dressing



Baby Spinach



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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.

Bust out

2 Baking sheets, measuring spoons, silicone brush, 2 small bowls, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Falafel	8	16
Hummus	4 tbsp	8 tbsp
Flatbread	2	4
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Baby Tomatoes	113 g	227 g
Parsley	7 g	14 g
Cilantro	7 g	14 g
Garlic Puree	1 tbsp	2 tbsp
Plant-Based Garlic-Parmesan Dressing	2 tbsp	4 tbsp
Baby Spinach	28 g	56 g
Oil*		

Salt and Pepper*

* Pantry items

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.



Prep

- Core, then cut **pepper** into ½-inch pieces.
- Halve, then peel **onion**. Cut into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Roughly chop **parsley**.
- Roughly chop **cilantro**.
- Cut **falafel** into quarters.



Finish veggies and mix dressing

- When **veggies** are done, sprinkle **spinach**, **cilantro** and **parsley** over **veggies**, then toss to combine. Set aside.
- Whisk together **1 tbsp water** (dbl for 4 ppl) and **garlic-Parmesan dressing** in a small bowl. Set aside.



Roast veggies

- Add **peppers, onions, tomatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 14-15 min.



Toast flatbreads

- Combine **1 tbsp oil** (dbl for 4 ppl) and **garlic** in another small bowl.
- Arrange **flatbreads** on another unlined baking sheet, then brush with **garlic oil**. Season with **salt** and **pepper**.
- Toast in the **top** of the oven until golden-brown, 2-4 min. (**TIP:** Keep an eye on flatbreads so they don't burn!)



Cook falafel

- Meanwhile, heat a large non-stick pan over medium heat.
- 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.) Pan-fry until golden-brown, 4-5 min per side.



Finish and serve

- Cut **flatbreads** into wedges.
- Divide **hummus** between plates, then spread into an even layer. Top with **roasted veggies**, then **crispy falafel**.
- Drizzle over **garlic-Parmesan dressing**.

Dinner Solved!

Contact

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