



# Crispy Falafel Tacos

with Hummus Slaw and Pickled Onions

Veggie Quick 25 Minutes



Falafel



Flour Tortillas, 6-inch



Coleslaw Cabbage Mix



Red Onion



Parsley



Honey



Hummus



White Wine Vinegar



Garlic, cloves



Radishes

HELLO FALAFEL

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

## Start here

Before starting, wash and dry all produce.

### Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

### Bust out

Measuring spoons, large bowl, small pot, small bowl, large non-stick pan, paper towels, medium bowl

## Ingredients

	2 Person	4 Person
Falafel	8	16
Flour Tortillas, 6-inch	6	12
Coleslaw Cabbage Mix	170 g	340 g
Red Onion	56 g	113 g
Parsley	7 g	14 g
Honey	1 tbsp	2 tbsp
Hummus	8 tbsp	16 tbsp
White Wine Vinegar	4 tbsp	8 tbsp
Garlic, cloves	1	2
Radishes	3	6
Sugar*	1 tbsp	2 tbsp
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.*

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### Pickle red onions

Peel, then cut **half the onion** (whole onion for 4 ppl) into ⅛-inch slices. Add **onions, vinegar, 1 tbsp water** and **1 tbsp sugar** (dbl both for 4 ppl) to a small pot. Bring to a simmer over medium-high heat. Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min. Remove the pot from heat. Transfer **onions, including liquid**, to a medium bowl. Set aside in the fridge to cool.



### Make coleslaw

Add **parsley, radishes** and **coleslaw cabbage mix** to a large bowl. Drizzle **half the hummus dressing** over top. Season with **salt and pepper**, to taste, then toss to combine.



### Cook falafel

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **falafel**. Pan-fry until golden-brown, 4-5 min per side. (**NOTE:** Don't overcrowd the pan. Cook in batches if needed, using 1 tbsp oil per batch.) Carefully break **falafel** in half. Remove the pan from heat. Set aside.



### Warm tortillas

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



### Prep and make hummus dressing

While **falafel** cook, thinly slice **radishes**. Peel, then mince or grate **garlic**. Roughly chop **parsley**. Add **hummus, half the honey, 1 tbsp water, 2 tbsp pickling liquid** (dbl both for 4 ppl) and **garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine. (**NOTE:** If dressing is too thick, add 1 tsp water at a time until desired consistency.) When **falafel** are cooked, drizzle **remaining honey** over top, then stir to coat. Season with **salt**, to taste.



### Finish and serve

Drain **pickled red onions**, reserving **remaining pickling liquid**. Divide **coleslaw** between **tortillas**. Top with **falafel**, then **pickled onions**. Drizzle with **remaining hummus dressing** and **some pickling liquid**, if desired.

## Dinner Solved!