



Crumbled Crispy Falafel Salad

with Garlicky Hummus and DIY Croutons

Veggie

Quick

25 Minutes



Falafel



Spring Mix



Sweet Bell Pepper



Baby Tomatoes



Carrot, julienned



Parsley



Ciabatta Roll



Radish



Hummus



Garlic, cloves



White Wine Vinegar

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 5 (dbl for 4 ppl):

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

Bust out

Measuring spoons, spatula, large bowl, small bowl, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Falafel	8	16
Spring Mix	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Baby Tomatoes	113 g	227 g
Carrot, julienned	56 g	113 g
Parsley	7 g	14 g
Ciabatta Roll	1	2
Radish	3	6
Hummus	4 tbsp	8 tbsp
Garlic, cloves	1	2
White Wine Vinegar	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
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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Marinate carrots and radishes

- Thinly slice **radishes**.
- Add **half the vinegar**, **½ tsp sugar** and **1 ½ tbsp oil** (dbl both for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **carrots** and **radishes**, then toss to combine. Set aside to marinate.



Crisp falafel

- Return the same pan to medium-high.
- When hot, add **1 ½ tbsp oil** (dbl for 4 ppl), then **falafel**.
- Using a spatula, break up **falafel** into quarters or bite-sized pieces.
- Cook, stirring occasionally, until **crumbled falafel** are crispy and golden-brown, 4-5 min. Season with **a pinch of salt**.



Prep

- Meanwhile, cut **ciabatta** into ½-inch pieces.
- Core, then cut **pepper** into ¼-inch slices.
- Roughly chop **parsley**.
- Halve **tomatoes**.
- Peel, then mince or grate **garlic**.



Make garlicky hummus

- Meanwhile, add **hummus**, **2 tsp vinegar**, **4 tsp water** (dbl both for 4 ppl) and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) (**TIP:** Add water, 1 tsp at a time, until desired consistency is reached.)
- Season with **salt**, to taste, then stir to combine.



Make croutons

- Heat a large non-stick pan over medium-high heat.
- When hot, add **ciabatta**, then drizzle **1 tbsp oil** (dbl for 4 ppl) over the pan. Season with **salt** and **pepper**. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min.
- Transfer to a plate.



Finish and serve

- Add **peppers**, **tomatoes**, **spring mix** and **parsley** to the bowl with **marinated carrots and radishes**.
- Toss to combine.
- Divide **salad** between plates.
- Sprinkle **crispy falafel pieces** and **croutons** over **salad**.
- Drizzle **garlicky hummus** over top.

Dinner Solved!