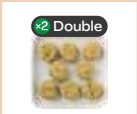




# Falafel and Tomato Flatbreads

## with Ful Medames-Inspired Stew

Veggie 30 Minutes



Falafel

16 | 32

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Falafel  
8 | 16



Flatbread  
2 | 4



Kidney Beans  
370 ml | 740 ml



Yellow Onion  
1/2 | 1



Tomato  
1 | 2



Lemon  
1 | 2



Radish  
3 | 6



Parsley  
7 g | 14 g



Hummus  
4 tbsp | 8 tbsp



Vegetable Stock Powder  
1 tbsp | 2 tbsp



Cumin  
1 tsp | 2 tsp



Dill-Garlic Spice Blend  
1 tsp | 2 tsp

**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



### Pickle radishes

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

- Thinly slice **radishes**.
- Zest, then juice **lemon**.
- Add **radishes**, **½ tbsp** (1 tbsp) **lemon juice**, **2 tbsp** (4 tbsp) **water** and **1 tsp** (2 tsp) **sugar** to a small pot. Season with **salt**, then stir to combine. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min.
- Remove from heat.
- Transfer **pickled radishes**, including **liquid**, to a medium bowl. Place in the fridge to cool.

2



### Roast falafels

\*2 Double | Falafel

- Toss **falafels** with **1 ½ tbsp** (3 tbsp) **oil** on an unlined baking sheet.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 8-10 min.

3



### Prep

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Finely chop **parsley**.
- Thinly slice **half the tomato** into half-moons, then cut **remaining tomato** into ¼-inch pieces.
- Combine **hummus**, **Dill-Garlic Spice Blend** and **½ tsp** (1 tsp) **lemon zest** in a small bowl. (**TIP**: Break up any clumps by pushing the back of a spoon against the sides of the bowl until mixture is smooth).

4



### Make bean stew

- Heat a medium pot over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **onions**. (**TIP**: Use olive oil if preferred.) Cook until tender, 3-4 min.
- Add **beans** with **canning liquid**, **cumin**, **stock powder** and **½ cup** (⅔ cup) **water**. Bring to a simmer.
- Once simmering, cook until stew thickens slightly, 4-5 min. Season with **salt** and **pepper**.
- Remove from heat. Stir in **½ tbsp** (1 tbsp) **lemon juice**.
- Use a potato masher to mash **some of the beans**. (**NOTE**: Stew should still have texture!)

5



### Heat flatbreads

- When **stew** is almost done, arrange **flatbreads** on another unlined baking sheet.
- Brush with **½ tbsp** (1 tbsp) **oil**. (**NOTE**: For 4 ppl, it is okay if flatbreads overlap a bit.)
- Toast in the **bottom** of the oven until softened, 2-3 min.

6



### Finish and serve

- Drain **pickled radishes** and discard pickling liquid.
- Halve **falafels**.
- Spread **dilly hummus** over **flatbreads**, then top with **falafel halves**, **tomato half-moons**, **pickled radishes** and **half the parsley**.
- Fold **flatbreads** in half to eat, or dig in with a knife and fork.
- Serve **bean stew** alongside in a bowl.
- Top **stew** with **diced tomatoes** and **remaining parsley**. (**TIP**: Drizzle olive oil over top, if desired.)

## 2 | Roast falafels

\*2 Double | Falafel

If you've opted for **double falafel**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of falafel**. Work in batches, if necessary.



Issue with your meal? Scan the QR code to share your feedback.