



# Falafel Bowls

with Hummus Dressing

Veggie

Spicy

Quick

25 Minutes



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Falafel



Hummus



Plant-Based  
Mayonnaise



Mini Cucumber



Spring Mix



Red Wine Vinegar



Bulgur Wheat



Hot Sauce



Parsley



Garlic, cloves



Sweet Bell Pepper



Vegetable Broth  
Concentrate

HELLO FALAFEL

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

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

### Heat Guide for Step 4:

- Mild: **½ tsp** (1 tsp)
- Medium: **1 ½ tsp** (3 tsp)
- Spicy: **2 tsp** (4 tsp)
- Extra-spicy: **1 tbsp** (2 tbsp)

## Bust out

Measuring spoons, large bowl, small pot, small bowl, measuring cups, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Falafel	8	16
Hummus	4 tbsp	8 tbsp
Plant-Based Mayonnaise	4 tbsp	8 tbsp
Mini Cucumber	66 g	132 g
Spring Mix	113 g	227 g
Red Wine Vinegar	1 tbsp	2 tbsp
Bulgur Wheat	½ cup	1 cup
Hot Sauce 🌶️	1 ½ tsp	3 tsp
Parsley	7 g	7 g
Garlic, cloves	1	2
Sweet Bell Pepper	160 g	320 g
Vegetable Broth Concentrate	1	2
Sugar*	¼ tsp	½ 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.*



### 1 Prep

- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Peel **cucumber**, if desired, then cut into ¼-inch rounds.



### 4 Make hummus dressing

- Meanwhile, add **hummus, mayo, half the parsley, 2 tbsp** (4 tbsp) **warm water** and **1 ½ tsp** (3 tsp) **hot sauce** to a small bowl. (**NOTE:** Reference heat guide.)
- Season with **salt** and **pepper**, then stir to combine.



### 2 Cook bulgur

- Heat a small pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **garlic**. Cook, stirring often, until **garlic** is fragrant, 30 sec.
- Stir in **bulgur, broth concentrate, ½ tsp** (1 tsp) **salt** and **¾ cup** (1 ½ cups) **water**. Cover and bring to a boil.
- Once boiling, remove the pot from heat. Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff **bulgur** with a fork.



### 5 Make tabbouleh salad

- Add **vinegar, ¼ tsp** (½ tsp) **sugar** and **½ tsp** (1 tsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- When **bulgur** is done, add **spring mix, peppers, cucumbers, remaining parsley** and **bulgur** to the large bowl with **dressing**, then toss to combine.



### 3 Cook falafel

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp oil**, then **falafel**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 2 tbsp oil per batch.) Pan-fry until golden-brown, 2-3 min per side.



### 6 Finish and serve

- Divide **tabbouleh salad** between plates. Top with **falafel**.
- Drizzle **hummus dressing** over top.

## Dinner Solved!



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