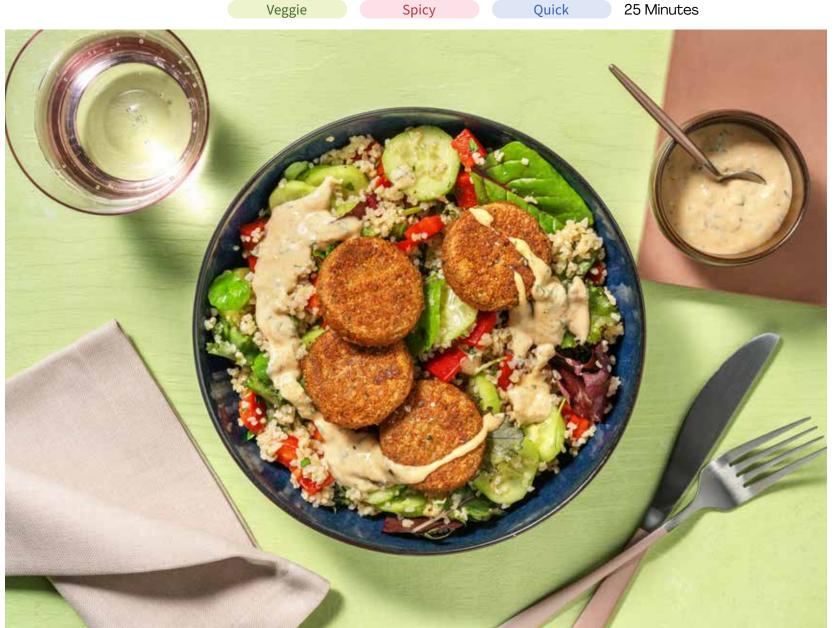


Falafel Bowls

with Hummus Dressing



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Falafel

Hummus





Plant-Based Mayonnaise

Mini Cucumber





Spring Mix Red Wine Vinegar















Garlic, cloves





Sweet Bell Pepper

Vegetable Broth Concentrate

HELLO FALAFEL

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

Heat Guide for Step 4:

- Mild: 1/2 tsp (1 tsp)
- Spicy: 2 tsp (4 tsp)
- Medium: 1 ½ tsp (3 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*	1/4 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, sov. sulphites, tree nuts and wheat.



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 1/4-inch rounds.



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, $\frac{1}{2}$ tsp (1 tsp) salt and $\frac{3}{4}$ cup (1 $\frac{1}{2}$ 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.



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.



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.



Make tabbouleh salad

- Add vinegar, 1/4 tsp (1/2 tsp) sugar and 1/2 tbsp (1 tbsp) 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.



Finish and serve

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

Dinner Solved!