



# Falafel Fattoush Salad

with Spiced Pita and Lemon-Tahini Dressing

**VEGGIE** 30 Minutes



Falafel



Sweet Bell Pepper



Red Onion, sliced



Shawarma Spice Blend



Garlic



Greek-Style Pitas



Mini Cucumber



Lemon



Parsley



Tahini



Greek Yogurt

### HELLO SHAWARMA SPICE

*Our shawarma spice is a unique blend of smoky, sweet and delicious*

# Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

## Garlic Guide for Step 5:

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

## Bust Out

2 Baking Sheets, Garlic Press, Large Bowl, Large Non-Stick Pan, Measuring Spoons, Small Bowl, Strainer, Zester, Whisk

## Ingredients

	2 Person	4 Person
Falafel	8	16
Sweet Bell Pepper	160 g	320 g
Red Onion, sliced	56 g	113 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic	3 g	6 g
Greek-Style Pitas	2	4
Mini Cucumber	132 g	264 g
Lemon	1	2
Parsley	7 g	14 g
Tahini	2 tbsp	4 tbsp
Greek Yogurt	100 g	200 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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## 1. PREP

Core, then cut **pepper** into ¼-inch slices. Cut **cucumber** into ¼-inch thick half-moons. Cut **pita** into 1-inch pieces. Zest, then juice **half the lemon**. Cut the **remaining lemon** into wedges. Roughly chop **parsley**. Peel, then mince or grate **garlic**.



## 4. TOAST PITA

Toss **pita** with **remaining Shawarma Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) on another baking sheet. Season with **salt and pepper**. Bake in **top** of oven, until golden and crisp, 4-5 min. Transfer to the bowl with the **veggies**.



## 2. BAKE FALAFEL

Arrange **falafels** in a single layer on a baking sheet. Bake in **middle** of oven, until heated through, 10-12 min.



## 5. MAKE DRESSING

While **pita** cooks, whisk **tahini** and **2 tbsp water** (dbl for 4 ppl) in a small bowl, until smooth. Whisk in **yogurt, lemon zest, lemon juice, half the parsley, 1 tbsp oil, 1 tsp sugar** and **¼ tsp garlic** (dbl all for 4 ppl) (**NOTE:** Reference Garlic Guide in Start Strong). Season with **salt and pepper**.



## 3. COOK VEGGIES

While **falafels** cook, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **peppers, onions** and **half the Shawarma Spice Blend**. Cook, stirring often, until **peppers** are tender-crisp, 4-5 min. Season with **salt and pepper**. Remove pan from the heat then transfer **veggies** to a large bowl. Set aside.



## 6. FINISH AND SERVE

Add **half the dressing** to the bowl with **veggies** and **pitas**. Toss together. Season with **salt and pepper**. Divide **veggies** and **pitas** between bowls, then top with **falafels** and **cucumbers**. Drizzle over **remaining dressing** and sprinkle over **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

# Dinner Solved!