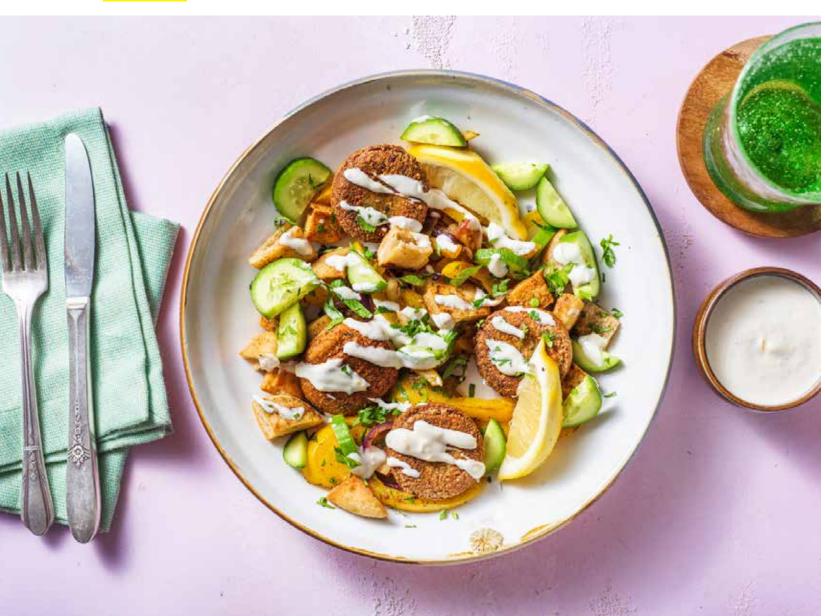


# **Falafel Fattoush Salad**

with Spiced Pita and Lemon-Tahini Dressing

**30 Minutes** 











Sweet Bell Pepper





Red Onion, sliced

Shawarma Spice Blend





Greek-Style Pitas





Mini Cucumber

Lemon







Parsley

Tahini



**Greek Yogurt** 

**HELLO SHAWARMA SPICE** 

# **Start Strong**

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

#### **Garlic Guide for Step 5:**

• Medium: ½ tsp Mild: ¼ 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
8	16
160 g	320 g
56 g	113 g
1 tbsp	2 tbsp
3 g	6 g
2	4
132 g	264 g
1	2
7 g	14 g
2 tbsp	4 tbsp
100 g	200 g
1 tsp	2 tsp
	8 160 g 56 g 1 tbsp 3 g 2 132 g 1 7 g 2 tbsp 100 g

<sup>\*</sup> 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.



#### 1. PREP

Core, then cut **pepper** into ¼-inch slices. Cut cucumber into 1/4-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.



### 2. BAKE FALAFEL

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



### 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 tendercrisp, 4-5 min. Season with **salt** and **pepper**. Remove pan from the heat then transfer veggies to a large bowl. Set aside.



## 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.



# 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 1/4 tsp garlic (dbl all for 4 ppl) (NOTE: Reference Garlic Guide in Start Strong). Season with salt and pepper.



### 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.

#### Contact

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**Dinner Solved!**