

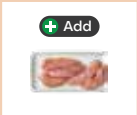


# Falafel Platters

## with Roasted Potatoes and Garlic Hummus Drizzle

Veggie

35 Minutes



Chicken Tenders\*  
340 g | 680 g

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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](http://www.hellofresh.ca)



Falafel  
8 | 16



Yellow Potato  
300 g | 600 g



Hummus  
4 tbsp | 8 tbsp



Garlic, cloves  
1 | 2



Sweet Bell Pepper  
1 | 2



Red Wine Vinegar  
2 tbsp | 4 tbsp



Mayonnaise  
2 tbsp | 4 tbsp



Feta Cheese, crumbled  
¼ cup | ½ cup



Tomato  
2 | 4



Parsley  
7 g | 7 g



Shawarma Spice Blend  
1 tbsp | 2 tbsp



Spring Mix  
113 g | 227 g

**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.

Pantry items | Oil\*, salt\*, pepper\*, sugar\*

Cooking utensils | Baking sheet, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

1



### Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **1 tbsp** (2 tbsp) **oil** and **Shawarma Spice Blend** to an unlined baking sheet.
- Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 25-28 min.

2



### Prep and make garlic hummus drizzle

- Meanwhile, cut **tomato** into ½-inch pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Stir together **hummus**, **mayo**, **half the vinegar** and ¼ **tsp** (½ tsp) **garlic** in a small bowl. Set aside.

3



### Cook peppers

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer to a plate. Set aside.

4



### Cook falafel

- Heat the same pan over medium-high.
- When hot, add **1 tbsp oil**, then **falafel**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.)
- Fry until golden-brown, 3-4 min per side.

5



### Marinate veggies

- Meanwhile, add **remaining vinegar**, **2 tbsp** (4 tbsp) **oil** and ½ **tsp** (1 tsp) **sugar** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes** and **parsley**. Stir to combine.

6



### Finish and serve

- Divide **spring mix** between plates.
- Top with **roasted potatoes**, **peppers**, **marinated veggies**, **falafel** and **feta**.
- Drizzle **garlic hummus drizzle** over top.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

3 | Cook chicken

+ Add | Chicken Tenders

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan over medium-high. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken tenders**. Sear until golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate. Cover to keep warm.

6 | Finish and serve

+ Add | Chicken Tenders

Top final plates with **chicken**.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.



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