



More than Food

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Crispy Falafel Salad

with Pickled Red Onion, Cucumber, and Greek Yogurt Dressing



Ras el Hanout infuses these falafel fritters with a unique North African flavor profile—one you may not be familiar with.

Translating literally to “head of the shop” *ras el hanout* refers to the best spices at the market each day. Classic components include ginger, cardamom, cinnamon, cumin, hot paprika, and peppercorns. Add it to your spice repertoire STAT!

40 min

level 2

veggie

nut free



Chickpeas



Hummus



Flour



Ras el Hanout



Parsley



Lemon



Garlic



Greek Yogurt



Panko



Romaine Heart



Cucumber



Red Onion



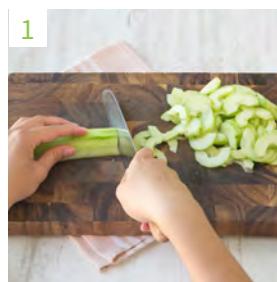
Feta

Ingredients	2 People	4 People	*Not Included
Chickpeas	1 can	2 cans	
Hummus	2 T	4 T	
Flour	1)	2 T	4 T
Ras el Hanout	1 t	2 t	
Parsley	1 bunch	2 bunches	
Lemon	1	2	
Garlic	2 cloves	4 cloves	
Greek Yogurt	2)	½ C	1 C
Panko	1)	½ C	1 C
Romaine Heart	1	2	
Cucumber	1	2	
Red Onion	1	2	
Feta	2)	¼ C	½ C
Olive Oil*	3 T	6 T	

Ruler

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Nutrition per person Calories: 690 cal | Carbs: 73 g | Fat: 31 g | Protein: 30 g | Fiber: 19 g



1

1 Peel and halve the **cucumber** lengthwise, then scrape out the seeds with a spoon. Then thinly slice the cucumber into half moons. Chop the **romaine** into 1-inch pieces. Halve, peel, and thinly slice **half the red onion**. Finely dice the **remaining half red onion**. Zest and halve the **lemon**. Pick the **parsley leaves** off the stems. Chop **half the parsley leaves**, reserving the **remaining leaves**. Drain and rinse the **chickpeas**. Mince or grate the **garlic**.



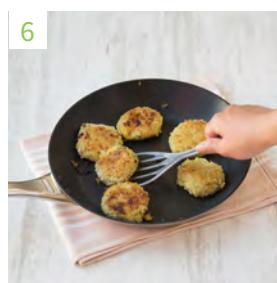
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2 **Pickle the red onion:** in a small bowl, combine the **sliced red onion** and the juice of a **half lemon**.



5

3 **Make the Greek yogurt dressing:** in a small bowl, combine **½ cup Greek yogurt, 2 tablespoons olive oil**, the juice of the **remaining half lemon, half the chopped parsley**, and **half the garlic**. Season with **salt** and **pepper**.



6

4 **Make the falafel mixture:** in a medium bowl, mash together the **chickpeas** and **hummus** until smooth. Mix in the **flour, diced red onion, lemon zest, ½ teaspoon ras el hanout, the remaining chopped parsley**, and **remaining garlic**. Season generously with **salt** and **pepper**. **HINT:** If you have a food processor, pulse this mixture together until chunky-smooth.

5 Place the **panko** in a small bowl. Form the **falafel mixture** into 1 ½-inch balls and roll in the panko. Flatten the balls into patties.

6 **Make the falafel fritters:** heat **¼-inch oil** in a large pan over medium-high heat. Add the patties to the pan and cook 2-3 minutes per side, until golden brown and crispy. Set aside on a paper towel-lined plate and season with **salt** and **pepper**.

7 In a large bowl, toss together the **romaine, parsley leaves, pickled red onion**, and **cucumber**. Season with **salt** and **pepper**.

8 Plate the **romaine salad**, then top with the **falafel fritters** and drizzle with the **Greek yogurt dressing**. Sprinkle with **feta** and dig in!