



FALAFEL POWER BOWLS

Spinach, Greek Vinaigrette & Garlicky Pita

FAST & FRESH

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

- Pan
- Kitchen shears (optional)
- Cooking oil (2 tsp | 2 tsp)



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



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CALORIES: 900

1 PREP



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



1 | 2
Mini Cucumber



¼ oz | ½ oz
Dill

- Drop **garlic herb butter** (in packet) into a glass of warm water to soften. **Wash and dry produce.**
- Thinly slice **cucumber**. Chop **dill fronds**.



2 SIZZLE



10 | 20
Falafel



2 | 4
Whole Wheat Pitas
Contains: Sesame, Wheat

- Halve **falafel**. Add a **large drizzle of oil** to a hot pan. Cook **falafel** until golden, 2-3 minutes per side.
- Toast **pitas**. Spread with **garlic herb butter**. Cut into wedges.



3 SERVE



1.5 oz | 3 oz
Greek Vinaigrette
Contains: Eggs, Milk



5 oz | 10 oz
Baby Spinach



4 oz | 8 oz
Grape Tomatoes



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



4 TBSP | 8 TBSP
Hummus
Contains: Sesame



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts

- Toss **spinach** with **vinaigrette**.
- Top **spinach** with **cucumber, dill, falafel, tomatoes, cheese, hummus,** and **almonds** in separate sections. Serve with **garlicky pita**.

