



# 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
- Cooking oil (2 tsp | 2 tsp)



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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 Pitae  
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 **pitae**. 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**.

