



# FALAFEL-STUFFED PITAS WITH THE WORKS

**FAST & FRESH**

Sesame Hummus, Pickles & Arugula Salad

**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

- Large pan
- Small bowl
- Large bowl
- Whisk
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (7 tsp | 13 tsp)
- Sugar (1 tsp | 2 tsp)



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**CALORIES: 1010**

### 1 PREP



2 | 4  
Tomatoes



1 | 2  
Lemon



10 | 20  
Falafel

- Wash and dry produce.
- Thinly slice **half the tomatoes** into rounds; dice **remaining tomatoes**. Quarter **lemon**. Halve **falafel**.



### 2 SIZZLE & MIX



½ Cup | 1 Cup  
Hummus  
Contains: Sesame



1 TBSP | 2 TBSP  
Sesame Seeds  
Contains: Sesame



1 tsp | 1 tsp  
Cumin

- Heat a **large drizzle of oil** in a hot large pan. Add **falafel** and cook until golden, 2-3 minutes per side.
- In a small bowl, mix **hummus**, **sesame seeds**, **half the cumin** (all for 4), a **drizzle of olive oil**, and **juice from one lemon wedge** (two wedges for 4). Taste and season with **salt** and **pepper** if desired.



### 3 TOSS



2 oz | 4 oz  
Arugula



1 oz | 2 oz  
Sliced Almonds  
Contains: Tree Nuts



1 oz | 2 oz  
Dried Apricots

- In a large bowl, whisk together **2 TBSP olive oil**, **1 tsp sugar**, **juice from two lemon wedges** (4 TBSP olive oil, 2 tsp sugar, and juice from four lemon wedges for 4), a **pinch of salt**, and **pepper** until thoroughly combined.
- Add **arugula**, **almonds**, **diced tomato**, and **apricots**; toss until coated.



### 4 FINISH & SERVE



2 | 4  
Pitas  
Contains: Sesame, Wheat



1 | 2  
Sliced Dill Pickle

- Halve **pitas**; wrap in damp paper towels and microwave until soft and pliable, 30-60 seconds. **TIP: For added texture, toast your pitas instead!**
- Dividing evenly, fill each pita half with **sesame hummus**, **falafel**, **tomato rounds**, and as many **pickle slices** as you like. Serve with **arugula salad** and any **remaining lemon wedges** on the side.

