



FALAFEL & FETA SALAD PITA WRAPS

with Pickled Onion, Yogurt Sauce & Shawarma-Spiced Potatoes

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



1 TBSP | 1 TBSP
Shawarma Spice Blend



1 | 2
Mini Cucumber



1 | 2
Tomato



1 | 1
Red Onion



1 | 2
Lemon



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



10 | 20
Falafel



2 | 4
Pitas
Contains: Sesame,
Wheat



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

*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken Breast

Calories: 1200



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 1000



BUST OUT

- Baking sheet
- 2 Small bowls
- Plastic wrap
- Medium bowl
- Large pan
- Paper towels

- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp) (1 tsp | 1 tsp)
- Olive oil (1 TBSP | 2 TBSP)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.



1 ROAST POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges; toss on a baking sheet with a **large drizzle of oil**, **half the Shawarma Spice Blend** (all for 4 servings), **salt**, and **pepper**.
- Roast on top rack until browned and tender, 20-25 minutes.



2 PREP

- Meanwhile, halve, peel, and very thinly slice **half the onion** (whole onion for 4 servings). Quarter **lemon**. Trim and halve **cucumber** lengthwise; cut crosswise into ¼-inch-thick half-moons. Dice **tomato** into ¼-inch pieces.
- Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken in a single layer and season with **salt** and **pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 PICKLE ONION

- In a small microwave-safe bowl, combine **sliced onion**, **juice from half the lemon**, and a **pinch of salt**.
- Cover with plastic wrap and microwave until tender, 30-50 seconds. Set aside, stirring occasionally, until ready to serve.



4 MAKE SAUCE & FETA SALAD

- In a second small bowl, combine **mayonnaise**, **yogurt**, and **juice from one lemon wedge** (two wedges for 4 servings). Taste and season with **salt** and **pepper** if desired.
- In a medium bowl, toss together **cucumber**, **tomato**, **feta**, **1 TBSP olive oil** (2 TBSP for 4), a **pinch of salt**, and **pepper**.



5 COOK FALAFEL

- Halve **falafel**.
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add falafel and cook until golden and crispy, 2-3 minutes per side. Remove pan from heat.

Use pan used for chicken here.



6 WARM PITAS

- Once potatoes are done roasting, wrap **pitas** in damp paper towels and microwave until warm and pliable, 20-30 seconds.



7 SERVE

- Divide **pitas** between plates and evenly spread with **half the yogurt sauce**. Top with **falafel** and as much **salad** and **pickled onion** (**draining first**) as you like. Drizzle with as much remaining yogurt sauce as you like, then fold up like a taco. **TIP: Add a few potato wedges for even more flavor and texture!**
- Serve with **potato wedges**, any remaining yogurt sauce, and any remaining salad on the side.

Top pitas with **chicken** along with **falafel**, **salad**, and **pickled onion** (**draining first**).