

# Fattoush-Style Falafel Salad

with Plant-Based Aioli & Chilli Flatbreads

Grab your Meal Kit with this symbol



Red Onion



Tomato



Cucumber



Spinach Falafel



Mini Flour Tortillas



Chilli Flakes (Optional)



Mixed Salad Leaves



Plant-Based Aioli



Mint

 Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

 Spicy (optional chilli flakes)

 Plant Based

We've turned fattoush, or bread salad, into even more of a treat by dressing it with creamy plant-based aioli before topping it with hearty spinach falafels - which get all lovely and golden in the pan while the tortilla flatbreads crisp up in the oven. Don't forget the mint garnish; it really makes the dish sing!

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
white wine vinegar*	¼ cup	½ cup
tomato	1	2
cucumber	1	2
spinach falafel	1 tub	2 tubs
mini flour tortillas	6	12
chilli flakes (optional)	pinch	pinch
mixed salad leaves	1 medium bag	1 large bag
plant-based aioli	2 medium packets	2 large packets
mint	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3850kJ (920Cal)	814kJ (194Cal)
Protein (g)	21.9g	4.6g
Fat, total (g)	57.9g	12.2g
- saturated (g)	7.1g	1.5g
Carbohydrate (g)	69.3g	14.7g
- sugars (g)	12.7g	2.7g
Sodium (mg)	1642mg	347mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Pickle the onion

Thinly slice **red onion** (see ingredients). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover **onion**. Set aside.

2



## Get prepped

Preheat oven to **240°C/220°C fan-forced**. Thinly slice **tomato** into wedges. Thinly slice **cucumber** into half-moons. In a medium bowl, combine **tomato** and **cucumber**.

3



## Cook the falafel

Cut or tear each **spinach falafel** into quarters (don't worry if they crumble!). Heat a large frying pan over medium-high heat and add **olive oil** (¼ cup for 2 people / ½ cup for 4 people). When oil is hot, cook **falafel**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel.

4



## Make the chilli flatbreads

While falafel is cooking, slice **mini flour tortillas** into quarters. Arrange on lined oven tray. Brush (or spray) with a drizzle of **olive oil**, then sprinkle over a pinch of **chilli flakes** (if using). Bake until golden and crispy, **5-8 minutes**. Season with **salt** and **pepper**.

**TIP:** If the tortillas don't fit in a single layer, divide them between two oven trays.

5



## Toss the salad

While flatbreads are baking, to the bowl with the **tomato** and **cucumber**, add **mixed salad leaves**, a splash of **pickling liquid**, a pinch of **sugar** and ½ the **plant-based aioli**. Drain **pickled onion**, then add to salad and toss to combine. Season to taste.

6



## Serve up

Divide fattoush-style salad between bowls. Top with falafel. Spoon remaining aioli over falafel. Tear over **mint**. Serve with chilli flatbreads.

## Enjoy!

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