

Fully Loaded Falafel Wrap

with Hummus Dressing and Tabbouleh

Veggie

30 Minutes



Falafel



Greek-Style Pitas



Hummus



Parsley



Mint



Lemon



Baby Kale



Bulgur Wheat



Red Onion, chopped



Garlic



Roma Tomato



Mixed Olives



Mini Cucumber

HELLO CHICKPEAS

High in fibre, low in carbs and perfect for a creamy dressing!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Falafel	8	16
Greek-Style Pitas	2	4
Hummus	57 g	114 g
Parsley	7 g	14 g
Mint	7 g	14 g
Lemon	1	2
Baby Kale	56 g	113 g
Bulgur Wheat	½ cup	1 cup
Red Onion, chopped	56 g	113 g
Garlic	6 g	12 g
Mixed Olives	30 g	60 g
Mini Cucumber	132 g	264 g
Roma Tomato	160 g	320 g
Oil*		

Salt and Pepper*

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Cut **tomatoes** into ¼-inch pieces. Halve **cucumbers** lengthwise, then cut into ¼-inch half-moons. Peel, then mince or grate **garlic**. Roughly chop **parsley**. Pick **mint** leaves from stems, then roughly chop. Zest, then juice **lemon**. Drain, then roughly chop **olives**.



Make tabbouleh

When **bulgur** is done, combine **lemon juice** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **bulgur, kale, olives, cucumbers, half the parsley, half the mint** and **half the tomatoes**. Season with **salt** and **pepper**, then toss to combine.



Cook bulgur

Heat a medium pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **garlic**. Cook stirring often, until softened, 2-3 min. When soft, add **bulgur, ½ cup water** and **½ tsp salt** (dbl both for 4 ppl). Cover and bring to a boil over high, then remove from heat. Let stand, still covered, until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.



Make hummus dressing and warm pitas

Add **hummus, lemon zest, remaining parsley, remaining mint** and **1 tbsp water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine. Wrap **pitas** in paper towels. Microwave until warm and flexible, 1 min. (**NOTE:** You can skip this step if you don't want to warm the pitas!)



Cook falafel

While **bulgur** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **falafel**. Pan fry, until golden-brown, 3-4 min per side. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.)



Finish and serve

Divide **pitas** between plates. Spread **hummus dressing** over **pitas**. Top with **some tabbouleh, falafel** and **remaining tomatoes**. Serve **remaining tabbouleh** on the side.

Dinner Solved!