



# Mediterranean Falafel Bowl

with Kale Freekeh Tabbouleh and Zaatar Veggies

Veggie

35 Minutes



Falafel



Freekeh



Za'atar Spice



Baby Tomatoes



Parsley



Kale, chopped



Garlic



Lemon



Mayonnaise



Sweet Bell Pepper



Mixed Olives



Carrot

HELLO FALAFEL

Pre-made and so easy to prepare!

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

### Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

## Bust Out

Baking sheet, vegetable peeler, microplane/zester, measuring spoons, medium pot, large bowl, parchment paper, small bowl, measuring cups, whisk

## Ingredients

	2 Person	4 Person
Falafel	8	16
Freekeh	½ cup	1 cup
Za'atar Spice	1 tbsp	2 tbsp
Baby Tomatoes	113 g	227 g
Parsley	7 g	14 g
Kale, chopped	56 g	113 g
Garlic	6 g	12 g
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Mixed Olives	30 g	60 g
Carrot	340 g	680 g
Sugar*	½ tsp	1 tsp
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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## Cook freekeh

Combine **freekeh** and **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil, then reduce heat to low. Simmer, still covered, until **liquid** is absorbed, 25-28 min.



## Roast veggies

Core, then cut the **pepper** into ½-inch pieces. Peel, then slice **carrots** into ½-inch rounds. Arrange **carrots** and **peppers** on one side of a parchment-lined baking sheet. Toss with **1 tbsp oil** (dbl for 4 ppl) and **za'atar**. Season with **salt** and **pepper**.



## Cook falafel

Toss **falafel** with **1 tbsp oil** (dbl for 4 ppl) on the other side of the baking sheet with **veggies**. Roast in the **middle** of the oven, stirring both the **veggies** and **falafel** halfway through cooking, until golden-brown, 18-20 min.



## Prep and make dressing

While **falafel** and **carrots** cook, halve **tomatoes**. Roughly chop **parsley**. Roughly chop **olives**. Roughly chop **kale**, if needed. Zest, then juice **lemon**. Peel, then mince or grate **garlic**. Whisk together **half the lemon juice**, **¼ tsp lemon zest**, **½ tsp sugar** and **2 tbsp oil** (dbl all for 4 ppl) in a large bowl. Set aside.



## Make tabbouleh and mix sauce

When the **freekeh** is finished cooking, add the **freekeh** and **kale** to the bowl with dressing. Toss to combine. Add **tomatoes** and **parsley**. Season with **salt** and **pepper**. Toss to combine. Whisk together **mayo**, **remaining lemon juice** and **¼ tsp garlic** in a small bowl. (**NOTE:** Reference Garlic Guide) Set aside.



## Finish and serve

Divide **kale freekeh tabbouleh**, **veggies** and **falafel** between bowls. Sprinkle **olives** over top. Drizzle with **garlic-mayo sauce**.

## Dinner Solved!