



ONE-PAN CRISPY FALAFEL & FETA TACOS

with Creamy Parsley Sauce plus Balsamic Onion & Tomato

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Red Onion



1 | 2
Tomato



1 Clove | 2 Cloves
Garlic



¼ oz | ½ oz
Parsley



10 | 20
Falafel



5 tsp | 10 tsp
Balsamic Vinegar



6 | 12
Flour Tortillas
Contains: Soy, Wheat



4½ TBSP | 9 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



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



HELLO

BALSAMIC ONION & TOMATO

This dynamic duo adds a bright, acidic bite and crisp texture to your tacos.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 740



FLAMY FLAVOR

If you have a few extra minutes, char your tortillas in a hot dry pan for 1-2 minutes to add smoky, fire-kissed flavor.

BUST OUT

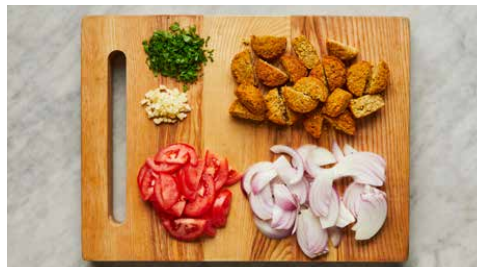
- 2 Small bowls
- Large pan
- Plastic wrap
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (½ tsp | 1 tsp)

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1 PREP

- Wash and dry produce.
- Halve, peel, and thinly slice **half the onion** (whole onion for 4 servings). Halve **tomato** lengthwise and thinly slice into half-moons. Peel and mince **garlic**. Mince **parsley**.
- Halve **falafel**.



2 PICKLE ONION & TOMATO

- In a small microwave-safe bowl, combine **sliced onion**, **vinegar**, and **½ tsp sugar** (1 tsp for 4 servings). Cover with plastic wrap; microwave 30 seconds.
- Stir in **tomato**, **garlic**, and **half the parsley**. Season with **salt** and **pepper**. Refrigerate until ready to use in Step 6.



3 COOK FALAFEL

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



4 WARM TORTILLAS

- While falafel cooks, wrap **tortillas** in damp paper towels and microwave until warm and pliable, 30 seconds.



5 MAKE PARSLEY SAUCE

- In a second small bowl, combine **sour cream** and **remaining parsley**. Lightly season with **salt** and **pepper**.
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



6 SERVE

- Divide **tortillas** between plates and fill with **falafel**. Drizzle with **half the parsley sauce**. Top with **balsamic onion and tomato** (draining first) and sprinkle with **feta**. Drizzle with remaining parsley sauce and serve.