



BBQ-Sauced Falafel Plates

with Jalapeño Popper Creamed Corn and Broccoli

Veggie Spicy 30 Minutes



Falafel



BBQ Sauce



Sour Cream



Chives



Canned Corn



Shallot



Cream Cheese



Garlic Salt



Jalapeño



Cheddar Cheese, shredded



Broccoli, florets



Crispy Shallots

HELLO FALAFEL

A Middle Eastern fritter made with chickpeas, herbs and spices!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1 ½ tsp
- Extra-spicy: 2 tbsp

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, parchment paper, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Falafel	8	16
BBQ Sauce	4 tbsp	8 tbsp
Sour Cream	3 tbsp	6 tbsp
Chives	7 g	14 g
Canned Corn	341 ml	682 ml
Shallot	50 g	100 g
Cream Cheese	2 tbsp	4 tbsp
Garlic Salt	¾ tsp	1 ½ tsp
Jalapeño 🌶️	1	1
Cheddar Cheese, shredded	¼ cup	½ cup
Broccoli, florets	227 g	454 g
Crispy Shallots	28 g	56 g
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	¼ cup	½ cup
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



Prep

Cut **broccoli** into bite-sized pieces. Peel, then cut **shallot** into ½-inch pieces. Core, then finely chop **1 tbsp jalapeño**, removing seeds for less heat. (TIP: We suggest using gloves when prepping jalapeños!) Snip or chop **chives** into ½-inch pieces. Drain, then rinse **corn**.



Cook aromatics

Reduce heat to medium. Add **1 tbsp butter** (dbl for 4 ppl) to the same pan (from step 3), then swirl until melted. Add **shallots** and **chopped jalapeño**. (NOTE: Reference heat guide). Cook, stirring often, until **veggies** soften, 2-3 min. Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**.



Cook falafel

Toss **falafel** with **1 ½ tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 8-10 min.



Make creamed corn

Add **corn**, **cream cheese**, **cheddar cheese** and **¼ cup milk** (dbl for 4 ppl) to the pan with **aromatics**. Cook, stirring occasionally, until **cheese** melts, 4-5 min. Remove from heat, then stir in **sour cream** and **chives**. Season with **salt** and **pepper**, to taste.



Cook broccoli

Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **broccoli**, **½ tsp garlic salt**, **1 tbsp oil** and **2 tbsp water** (dbl all for 4 ppl). Cook, stirring occasionally, until **broccoli** is tender-crisp, 5-6 min. Season with **pepper**, to taste. Transfer to a medium bowl, then cover to keep warm.



Finish and serve

Add **BBQ sauce** and **1 tbsp water** (dbl for 4 ppl) to a small bowl, then stir to combine. Divide **creamed corn**, **broccoli** and **falafel** between plates. Sprinkle **crispy shallots** over **corn**. Drizzle **BBQ sauce** over **falafel**.

Dinner Solved!