



Crispy Falafel Wraps

with Tahini-Dressed Slaw and Pickled Onions

Veggie

Quick

25 Minutes



Falafel



Flour Tortillas



Coleslaw Cabbage Mix



Red Onion



Parsley



Roma Tomato



Tahini



Shawarma Spice Blend



Garlic, cloves



Radish



White Wine Vinegar



Plant-Based Mayonnaise

HELLO FALAFEL

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

Start here

Before starting, wash and dry all produce.

Garlic Guide for Step 3 (dbl for 4 ppl):

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

Bust out

Measuring spoons, spatula, large bowl, small pot, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Falafel	8	16
Flour Tortillas	6	12
Coleslaw Cabbage Mix	170 g	340 g
Red Onion	56 g	113 g
Parsley	7 g	14 g
Roma Tomato	160 g	320 g
Tahini	2 tbsp	4 tbsp
Shawarma Spice Blend	1 tsp	2 tsp
Garlic, cloves	1	2
Radish	5	10
White Wine Vinegar	3 tbsp	6 tbsp
Plant-Based Mayonnaise	2 tbsp	4 tbsp
Sugar*	4 tsp	8 tsp
Oil*		
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

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Pickle onions

- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Add **vinegar, a pinch of salt, 1 tbsp water** and **1 tbsp sugar** (dbl all for 4 ppl) to a small pot. Warm **pickling liquid** over medium heat, swirling the pot occasionally, until **sugar** dissolves, 1-2 min.
- Add **onions**, then remove the pot from heat. Set aside.



Finish falafel and make slaw

- Add **radishes, coleslaw cabbage mix** and **half the parsley** to a large bowl.
- Drizzle **half the tahini dressing** over top. Season with **salt** and **pepper**, to taste, then toss to combine.



Cook falafel

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **falafel**. (**NOTE:** Don't overcrowd the pan. For 4 ppl, cook in 2 batches if needed, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 4-5 min per side.
- Sprinkle **½ tsp Shawarma Spice Blend** over **falafel**, then stir until fragrant, 30 sec. (**NOTE:** For 4 ppl, use ½ tsp Shawarma Spice Blend per batch.)
- Remove the pan from heat. Using a spatula, carefully break **falafel** in half. Season with **a pinch of salt**.



Warm tortillas

- Wrap **tortillas** in paper towels.
- Microwave until **tortillas** are warm and flexible, 1 min. (**TIP:** You can skip this step if you don't want to warm the tortillas!)



Prep and make tahini dressing

- Meanwhile, halve **radishes**, then thinly slice into half-moons.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Halve **tomatoes** lengthwise, then thinly slice.
- Add **tahini, half the mayo** (use all for 4 ppl), **½ tsp Shawarma Spice Blend, 1 tsp sugar, 2 tbsp pickling liquid** (dbl all for 4 ppl) and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine. (**NOTE:** If dressing is too thick, add water, 1 tsp at a time, until sauce reaches a drizzling consistency.)



Finish and serve

- Drain **pickled onions**, reserving **remaining pickling liquid**.
- Divide **tortillas** between plates. Top with **slaw, tomatoes, falafel**, then **pickled onions**.
- Drizzle **remaining tahini dressing** and **some pickling liquid** over top, if desired.
- Sprinkle **remaining parsley** over top.

Dinner Solved!