



CAESAR-STYLE FALAFEL TACOS

with Parmesan Cheese & Caramelised Onion



Make your own
Caesar-style dressing!



Cucumber



Tomato



Cos Lettuce



Red Onion



Lemon



Spinach Falafel



Garlic Aioli



Grated Parmesan
Cheese



Dijon Mustard



Mini Flour
Tortillas



Hands-on: **25-35 mins**
Ready in: **30-40mins**

Do the flavours of Caesar salad work in a taco? You bet they do! And since you're mixing cuisines anyway, why not add some falafel to the mix for a bit of oomph? It may sound a little crazy, but believe us, this combo was meant to be.

Pantry Staples: Olive Oil, Balsamic Vinegar,
Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



1 GET PREPPED

Thinly slice the **cucumber** into matchsticks. Thinly slice the **tomato** into half-moons. Shred the **cos lettuce** (see ingredients list). Thinly slice the **red onion**. Slice the **lemon** (see ingredients list) into wedges. Use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!).



2 CARAMELISE THE ONION

In a medium frying pan, heat a **drizzle of olive oil** over a medium heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar, water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



3 MAKE THE CAESAR DRESSING

While the onion is cooking, combine the **garlic aioli**, **1/2 the grated Parmesan cheese** and the **Dijon mustard** (see ingredients list). **TIP:** If you don't like mustard, add a little at a time and taste as you go. Season to taste with **salt** and **pepper**.



4 COOK THE FALAFEL

Wipe out the frying pan and return to a medium-high heat with **enough olive oil** to coat the base of the pan. When the oil is hot, add the **falafel** and cook, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel. Season the **falafel** with a **pinch of salt** and **pepper**.



5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



6 SERVE UP

Take everything to the table to serve. Build your tacos by spreading some of the Caesar dressing over a tortilla. Top with a helping of cos lettuce, tomato, cucumber, falafel and caramelised onion. Garnish with some of the remaining grated Parmesan cheese. Serve with the lemon wedges.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
cucumber	1	2
tomato	1	2
cos lettuce	½ head	1 head
red onion	1	2
lemon	½	1
spinach falafel	1 tub	2 tubs
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1½ tsp	3 tsp
garlic aioli	1 packet (50g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
Dijon mustard	½ tub (7.5g)	1 tub (15g)
mini flour tortillas	6	12

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2860kJ (683Cal)	522kJ (125Cal)
Protein (g)	25.0g	4.6g
Fat, total (g)	42.9g	7.8g
- saturated (g)	5.7g	1.0g
Carbohydrate (g)	61.9g	11.3g
- sugars (g)	17.7g	3.2g
Sodium (g)	1940mg	354mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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Hello@HelloFresh.com.au

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