

Fattoush-Style Falafel Salad

with Plant-Based Aioli & Chilli Flatbreads

Grab your Meal Kit with this symbol



Red Onion



Tomato



Cucumber



Spinach Falafel



Mini Flour Tortillas



Chilli Flakes (Optional)



Mixed Salad Leaves



Plant-Based Aioli



Mint

Hands-on: 20-30 mins
Ready in: 30-40 mins

Spicy (optional chilli flakes)

Plant Based

We've turned fattoush, or bread salad, into even more of a treat by dressing it with creamy plant-based aioli before topping it with hearty spinach falafels - which get all lovely and golden in the pan while the tortilla flatbreads crisp up in the oven. Don't forget the mint garnish; it really makes the dish sing!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
white wine vinegar*	¼ cup	½ cup
tomato	1	2
cucumber	1	2
spinach falafel	1 tub	2 tubs
mini flour tortillas	6	12
chilli flakes (optional)	pinch	pinch
mixed salad leaves	1 medium bag	1 large bag
plant-based aioli	2 medium packets	2 large packets
mint	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3850kJ (920Cal)	814kJ (194Cal)
Protein (g)	21.9g	4.6g
Fat, total (g)	57.9g	12.2g
- saturated (g)	7.1g	1.5g
Carbohydrate (g)	69.3g	14.7g
- sugars (g)	12.7g	2.7g
Sodium (mg)	1642mg	347mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Pickle the onion

Thinly slice **red onion** (see ingredients). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover **onion**. Set aside.



Get prepped

Preheat oven to **240°C/220°C fan-forced**. Thinly slice **tomato** into wedges. Thinly slice **cucumber** into half-moons. In a medium bowl, combine **tomato** and **cucumber**.



Cook the falafel

Cut or tear each **spinach falafel** into quarters (don't worry if they crumble!). Heat a large frying pan over medium-high heat and add **olive oil** (¼ cup for 2 people / ½ cup for 4 people). When oil is hot, cook **falafel**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel.



Make the chilli flatbreads

While falafel is cooking, slice **mini flour tortillas** into quarters. Arrange on lined oven tray. Brush (or spray) with a drizzle of **olive oil**, then sprinkle over a pinch of **chilli flakes** (if using). Bake until golden and crispy, **5-8 minutes**. Season with **salt** and **pepper**.

TIP: If the tortillas don't fit in a single layer, divide them between two oven trays.



Toss the salad

While flatbreads are baking, to the bowl with the **tomato** and **cucumber**, add **mixed salad leaves**, a splash of **pickling liquid**, a pinch of **sugar** and ½ the **plant-based aioli**. Drain **pickled onion**, then add to salad and toss to combine. Season to taste.



Serve up

Divide fattoush-style salad between bowls. Top with falafel. Spoon remaining aioli over falafel. Tear over **mint**. Serve with chilli flatbreads.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

