



MINI FALAFEL & HUMMUS WRAPS

with Tzatziki & Pickled Onions



Make homemade
garlic tzatziki



Red Onion



Garlic



Cucumber



Mint



Spinach Falafel



Greek Yoghurt



Mini Flour
Tortillas



Hummus



Shredded Red
Cabbage



Hands-on: **20** mins
Ready in: **25** mins

Get a hold of our new spinach falafel – loaded with spinach and herbs, these chickpea morsels are the ideal vegetarian ingredient. Pair them with crisp salad and a creamy dressing then wrap the whole thing in mini tortillas for a handheld meal that's hearty and fresh!

Pantry Staples: Olive Oil, Vinegar (White Wine Or Rice Wine), 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 PICKLE THE ONION

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **vinegar**, **water** and a **good pinch** of **sugar** and **salt**. Scrunch the red onion in your hands, then add to the pickling liquid and stir to coat. Set aside until serving. **TIP:** Toss the onion in the liquid every now and then so the onion stays submerged.



2 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Finely chop the **cucumber**. Pick the **mint** leaves and finely chop (reserve a few leaves for garnish). Slice the **spinach falafels** in half.



3 MAKE THE TZATZIKI

In a medium frying pan, heat the **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) over a medium-high heat. Add the **garlic** and cook for **30 seconds** or until fragrant. Transfer the garlic and oil to a medium bowl and add the **Greek yoghurt**, chopped **mint** and **1/3** of the chopped **cucumber**. Combine well and season to taste with **salt** and **pepper**.



4 FRY THE FALAFEL

Return the frying pan to a medium-high heat with a **generous drizzle** of **olive oil**. When the oil is hot, add the **falafel** halves and cook, turning occasionally, for **3-4 minutes** or until golden. **TIP:** Ensure you add a generous drizzle of oil to help the falafels crisp up!



5 HEAT THE WRAPS

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



6 SERVE UP

To assemble the wraps, spread the base with some **hummus**, then top with some **shredded red cabbage**, falafel pieces, a dollop of tzatziki and the remaining cucumber. Finish with the pickled onions and reserved mint leaves.

ENJOY!

2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	½	1
vinegar* (white wine or rice wine)	¼ cup	½ cup
water*	¼ cup	½ cup
sugar*	pinch	pinch
garlic	1 clove	2 cloves
cucumber	1	2
mint	1 bunch	1 bunch
spinach falafel	1 tub	2 tubs
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
mini flour tortillas	6	12
hummus	1 tub (100 g)	1 tub (200 g)
shredded red cabbage	1 bag (150 g)	1 bag (300 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3090kJ (739Cal)	587kJ (140Cal)
Protein (g)	22.8g	4.3g
Fat, total (g)	50.1g	9.5g
- saturated (g)	6.4g	1.2g
Carbohydrate (g)	61.2g	11.6g
- sugars (g)	15.3g	2.9g
Sodium (g)	1840mg	349mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK47

