



# Homemade Falafel Flatbread

with chips and cooling yoghurt sauce

Veggie 30-35 mins

7



Ground Cumin



Onion



Garlic



Coriander



Chickpeas



Cucumber



Yoghurt



Tomato



Potatoes



Rocket



Flatbread

Pantry Items: Oil, Salt, Pepper, Flour



Rate your recipe!

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, sieve

## Ingredients

	2P	4P
Ground Cumin	2 sachets	4 sachets
Onion	1 unit	2 units
Garlic	1 unit	2 units
Coriander	5 g	10 g
Chickpeas	1 pack	2 packs
Cucumber	½ unit	1 unit
Yoghurt	150 g	300 g
Tomato	2 units	4 units
Potatoes	3 units	6 units
Rocket	40 g	80 g
Flatbread	2 units	4 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>887 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3648.4 kJ/ 872 kcal	411.3 kJ/ 98.3 kcal
Fat (g)	16.6 g	1.9 g
Sat. Fat (g)	4.3 g	0.5 g
Carbohydrate (g)	137.2 g	15.5 g
Sugars (g)	18.6 g	2.1 g
Protein (g)	31.9 g	3.6 g
Salt (g)	2.8 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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For any questions, contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



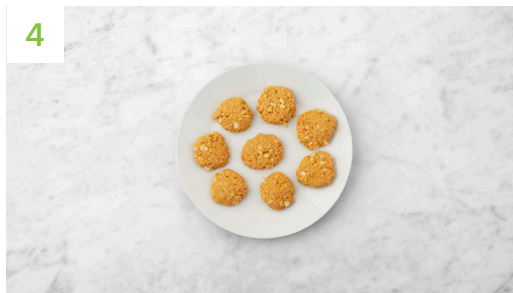
You can recycle me!



## Cook the Chips

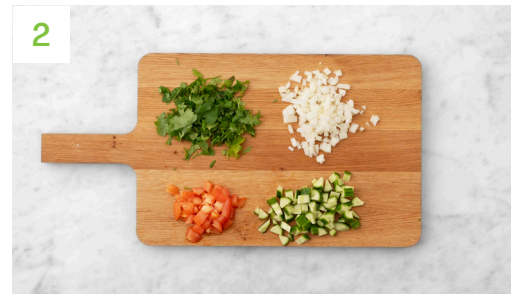
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm chips (peeling optional).
- Pop the chips onto a large (lined) baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



## Fry the Falafels

- Using your hands, form small round balls from the falafel mixture (4 per person).
- Press the balls tightly together, flattening to make mini patty shapes.
- Place a pan over medium-high heat with a good glug of **oil**.
- When the **oil** is hot, fry the falafels until golden brown all over, 3-4 mins on each side.
- Once cooked, transfer to a plate lined with kitchen paper to drain any excess **oil**.



## Get Prepped

- Halve, peel and finely chop the **onion**.
- Roughly chop the **coriander** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Cut the **tomato** into 2cm chunks. Season with **salt** and **pepper**.
- Trim **half** the **cucumber** (double for 4p). Quarter lengthways then chop widthways into small pieces.



## Make the Tzatziki

- Meanwhile, mix the **yoghurt** with the chopped **cucumber** and a drizzle of **oil**. Season to taste with **salt** and **pepper**.
- Pop the **flatbread** into the oven to warm, 1-2 mins.
- Just before serving, toss the **rocket** leaves with a drizzle of **oil**. Season to taste with **salt** and **pepper**.



## Mash the Chickpeas

- Drain and rinse the **chickpeas** in a sieve.
- Add the drained **chickpeas** to a large bowl and mash to a paste with a fork.
- Mix the **onion, garlic, cumin** and **coriander** into the **chickpeas**.
- Sprinkle over 2 tbsp **flour** (double for 4p).
- Season with 1 tsp **salt** and ½ tsp **pepper** (double both for 4p). Mix well to combine.

**TIP:** You can also use a potato masher to crush the chickpeas if you prefer.



## Assemble and Serve

- Allow everyone to top their own warm **flatbreads** with tzatziki, **tomato, rocket** salad and golden falafels.
- Serve the chips on the side.

Enjoy!