



**NUTRITION** per serving 100g carbohydrates 29g fat 25g protein 1572mg sodium | vegetarian



Calories  
**757**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**7 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 1 Persian Cucumber
- ¼ oz. Parsley
- 1 Lemon
- 3 oz. Grape Tomatoes
- 15 ½ oz. Canned Chickpeas
- 4 oz. Greek Yogurt
- 2 Naan Flatbreads
- 6 fl. oz. Canola Oil
- 1 oz. Self Rising Flour

**CONTAINS:** milk, eggs, wheat, soy  
*Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 3 Mixing Bowls
- Medium Non-Stick Pan

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## Weeknight Falafel Pitas

with yogurt tzatziki

## BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- ☐ **Heads Up!** Cucumber is used twice. **Diced cucumber** is added to **tzatziki**, and **sliced cucumber** is added to **salad**.

## FROM THE CHEF

For alternative preparation, serve as a platter.

### Did you know...

According to Guinness Book of World Records, the record for world's largest falafel is held by the Landmark Hotel in Amman, Jordan. In 2012, they made a falafel that weighed 164 pounds, with 4.4 pounds of parsley, 11 pounds of onions, and 176 pounds of chickpeas.



1

## Prepare the Ingredients

Trim **cucumber**. Slice half into thin rounds and cut other half into a fine dice. Mince **parsley**, stems and leaves. Halve **lemon**. Quarter one half and juice the other half. Halve **grape tomatoes**. Drain **chickpeas**.



4

## Form the Falafel

Return pan used to warm naan to medium-high heat and add **canola oil**. Place **chickpeas**, **flour**, and ¼ tsp. **pepper** in another mixing bowl and mash until mixture is the texture of chunky peanut butter. Separate and roll into eight equal-sized balls and flatten balls very slightly.



2

## Make the Tzatziki

In a mixing bowl, combine **diced cucumber**, **yogurt**, **parsley**, 1 tsp. **lemon juice**, ¼ tsp. **pepper**, and a pinch of **salt**.



5

## Fry the Falafel

Line a plate with paper towels. Place a **dough ball** in hot **oil**. It should briskly bubble. If it doesn't, remove dough and increase heat. Cook 2 minutes, flip, and cook 2 minutes. Repeat, then remove to towel-lined plate. *Cooking only a couple minutes allows it cook evenly.* Finished falafel will be golden brown and crispy.



3

## Make Salad and Warm Naan

Place a medium non-stick pan over medium-high heat. While pan heats, in another mixing bowl, stir together **sliced cucumber**, **tomatoes**, 2 tsp. **lemon juice**, 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Working in batches, place **naan flatbreads** in dry pan and toast until warmed, 1 minute per side. Remove naan from pan and wrap in foil to keep warm. Wipe pan clean and reserve.



6

## Finish the Dish

Place **falafel** into **naan flatbread**. Serve with **salad** and **sauce**, and place a **lemon wedge** on the side. Fold and enjoy.