



Roasted Vegetable & Falafel Fattoush

with Lemon-Tahini Dressing



20-30min



2 Servings

Fattoush is a Middle Eastern bread salad, typically found in Lebanese and Syrian cuisine. This version features hearty veggies tossed in warming baharat spice and roasted to bring out their sweetness. Finish it with chickpeas, toasted pita, arugula, and lemon-tahini dressing for a quick, but satisfying meal.

What we send

- 1 yellow onion
- 1 sweet potato
- ¼ oz baharat spice blend ¹¹
- ½ lb pkg falafel
- 1 lemon
- 15 oz can chickpeas
- 1 oz tahini ¹¹
- 2 Mediterranean pitas ^{1,6,11}
- 3 oz arugula

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet

Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 26g, Carbs 133g, Protein 34g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve and cut **all of the onion** through the root end into ½-inch thick wedges. Scrub **sweet potato** (peel, if desired), then cut into 1-inch pieces.

On a rimmed baking sheet, toss **sweet potatoes, onions, 1 tablespoon oil**, and **½ teaspoon baharat spice blend**; season with **salt** and **pepper**.



2. Roast vegetables

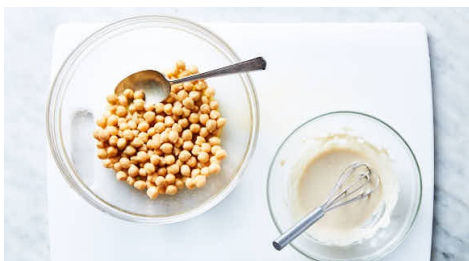
Roast **vegetables** on upper oven rack until tender and browned in spots, about 20 minutes.

Meanwhile, shape **falafel** into 8 equal-sized balls, if necessary. Heat **3 tablespoons oil** in a medium nonstick skillet over medium-high. Add falafel and cook, turning occasionally, until browned all over, about 5 minutes. Transfer to a paper towel-lined plate; sprinkle with **a pinch of salt**.



3. Make lemon dressing

Squeeze **1 tablespoon lemon juice** into a large bowl. Cut any remaining lemon into wedges. Whisk in **½ teaspoon sugar** to bowl with lemon juice until sugar is dissolved. In a slow, steady stream, whisk in **3 tablespoons oil** until emulsified. Season to taste with **salt** and **pepper**.



4. Season chickpeas & tahini

Drain and rinse **chickpeas**, then transfer to bowl with **lemon dressing**, stirring to coat. In a small bowl, slightly thin **tahini** by stirring in **2-3 tablespoons warm water** as needed. Season to taste with **salt** and **pepper**.



5. Dress roasted vegetables

Transfer **roasted sweet potatoes and onions** to bowl with **dressed chickpeas**, stirring gently to combine.



6. Finish & serve

Lightly brush **pitas** with **oil**. Toast directly on upper oven rack until browned in spots, about 5 minutes; cut or tear into bite-sized pieces. Add **pitas** and **arugula** to bowl with **chickpeas and vegetables**; toss gently to combine. Season with **salt** and **pepper**. Top **vegetable fattoush salad** with **falafel** with **tahini** drizzled over. Serve with **lemon wedges**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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