



Falafel Burgers & Sweet Potato Fries

with Mint Pesto & Tahini Sauce



30-40min



2 Servings

There's a new veggie burger in town! We use flavorful pre-made falafel as the base for these gyro-esque burgers. After a quick shallow fry, the patties develop a golden crust on the outside while staying tender in the center. We top them with classic burger fixings like lettuce and tomatoes but add a tahini sauce and homemade mint pesto to match the Mediterranean theme. And for any deluxe burger plate, fries are a must!

What we send

- 2 sweet potatoes
- 1 plum tomato
- ¼ oz fresh mint
- 1 oz golden raisins ¹²
- 2 ciabatta rolls ¹
- ½ lb pkg falafel
- 1 oz tahini ¹¹
- 1 lemon
- 1 romaine heart

What you need

- all-purpose flour ¹
- olive oil
- kosher salt & ground pepper
- garlic
- white wine vinegar (or red wine vinegar) ¹⁷
- sugar

Tools

- rimmed baking sheet
- medium nonstick skillet

Cooking tip

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Allergens

Wheat (1), Sesame (11), Sulphur dioxide and sulphites (12), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1150kcal, Fat 54g, Carbs 149g, Protein 26g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Place a rimmed baking sheet on upper oven rack to preheat. Scrub **potatoes**, then cut lengthwise into ¼-inch thick fries. In a large bowl, toss **potatoes** with **1 tablespoon flour**, **2 teaspoons oil**, and season with **salt** and **pepper**. Finely chop **2 teaspoons garlic**. Thinly slice **tomato** into rounds.



4. Fry falafel burgers

Meanwhile, form **falafel** into 2 equal-sized patties, pressing lightly. Heat **⅜-inch oil** in a medium nonstick skillet over medium-high. Once **oil** is shimmering (should sizzle vigorously), add falafel patties and cook until browned, 3-4 minutes. Carefully flip patties and press to flatten; cook, 3-4 minutes more. Transfer to a paper towel-lined plate and sprinkle with **salt**.



2. Roast oven fries

Carefully transfer **potatoes** to preheated baking sheet and spread into a single layer. Roast on upper oven rack until potatoes are tender and browned, 16-20 minutes. Once **fries** are done roasting, reduce oven to 200°F and keep warm until step 5.



5. Make sauce & toast rolls

Meanwhile, in a small bowl, combine **tahini**, **remaining garlic**, **1 tablespoon each of oil**, **lemon juice**, and **water**, and **a pinch of sugar**. Stir in water, 1 tablespoon at a time, as needed to thin. Season to taste with **salt** and **pepper**. Remove **fries** from oven. Switch oven to broil; toast **rolls** directly on upper oven rack until lightly toasted all over, 2-3 minutes (watch closely).



3. Make mint pesto

Pick and finely chop **mint leaves**; discard stems. Coarsely chop **golden raisins**. In a small bowl, combine **mint**, **chopped raisins**, **half of the chopped garlic**, **2 tablespoons oil**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**; set aside until step 6. Split **rolls**, if necessary; brush cut sides of rolls with **oil**.



6. Finish & serve

Separate **half of the lettuce leaves** (save rest for own use) from stem, then halve leaves crosswise. Drizzle **some of the tahini sauce** on **rolls** and place **falafel patties**, **lettuce**, **tomatoes**, **mint pesto**, and **tahini sauce** on top. Serve **falafel burgers** with **oven fries** and **remaining tahini sauce** on the side for dipping. Enjoy!