



Vegetarian Sabich Platter with Falafel

Toasted Pita, Hummus & Chopped Salad

 45min  2 Servings

The best thing about a platter of food is having free rein to eat it however you want! We've deconstructed the sabich, an Israeli sandwich made with fried eggplant, hard boiled eggs, and a refreshing chopped salad all stuffed inside a pita. Add in falafel, marinated red cabbage and our creamy, ready-made hummus for a vegetarian meal that's anything but boring.

What we send

- 1 eggplant
- 1 lb red cabbage
- ¼ oz sumac
- ½ lb pkg falafel
- 1 cucumber
- 1 plum tomato
- 1 shallot
- ¼ oz za'atar spice blend ¹¹
- 2 Mediterranean pitas ^{1,6,11}
- 1 oz cornichons ¹⁷
- 4 oz hummus ¹¹

What you need

- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)
- sugar
- 2 large eggs ³
- olive oil
- neutral oil

Tools

- rimmed baking sheet
- small saucepan
- large heavy skillet (preferably cast-iron)

Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1270kcal, Fat 80g, Carbs 119g, Protein 34g



1. Prep ingredients

Cut **eggplant** crosswise into ¼-inch thick slices. Spread in a single layer on a paper towel-lined baking sheet; sprinkle with **salt**.

Finely shred **2 cups cabbage**. Add to a medium bowl with **2 teaspoons vinegar** and **½ teaspoon each of salt, sugar, and sumac**; massage until tender. Form **falafel** into 8 (1-inch) balls, if necessary; flatten each ball into a 2-inch patty.



4. Fry eggplant

Preheat broiler with a rack in the center.

Heat a ½-inch layer of **neutral oil** in a large heavy skillet over medium-high. Use a paper towel to press excess liquid out of **eggplant**.

Working in batches, fry eggplant until golden, 3–4 minutes per side (adjust heat and add more oil as needed). Transfer to a wire rack placed on a rimmed baking sheet; sprinkle with **za'atar**.



2. Cook eggs & make dressing

Place **2 large eggs** in a small saucepan and fill with enough water to cover by 1 inch. Bring to a boil over high heat. Cover, remove from heat, and let sit until eggs are set, about 10 minutes. Use a slotted spoon to transfer eggs to a bowl of **ice water**.

In a second medium bowl, whisk together **3 tablespoons olive oil**, **1 tablespoon vinegar**, and **¼ teaspoon sugar**.



5. FALAFEL VARIATION

Add **falafel** to same skillet and cook, turning occasionally, until browned all over, about 5 minutes (add more oil as needed). Transfer to a paper towel-lined plate and sprinkle with **a pinch of salt**. Wipe out skillet.

Lightly brush **pitas** with **oil**. Broil directly on center oven rack until soft, about 1 minute per side (watch closely as broilers vary).



3. Make chopped salad

Halve **cucumber** crosswise; peel one half (save other half for own use). Halve lengthwise, scoop out and discard seeds, and cut into ½-inch pieces. Core and cut **tomato** into ½-inch pieces. Thinly slice **shallot**.

To bowl with **dressing**, add cucumbers, tomatoes, and shallots; season to taste with **salt** and **pepper**.

Peel **cooled eggs**, then cut into quarters.



6. Assemble & serve

Plate **eggplant** with **falafel**, **chopped salad**, **marinated cabbage**, **eggs**, and **cornichons** alongside. Using the back of a spoon, create a shallow well in center of **hummus**; drizzle with **olive oil** and sprinkle with **sumac**.

Serve **sabich platter** with **pita** alongside for tearing and scooping. enjoy!

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

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