



Fast! Mediterranean Falafel Bowl

with Hummus & Harissa-Red Pepper Pesto



ca. 20min



2 Servings

A wholesome bowl full of vegetables never looked this good. It has a little bit of everything for those satisfying Mediterranean flavors: crispy falafel, creamy hummus, fresh cucumber and tomato, crumbled feta, olives, and a spicy red pepper pesto. Mix it all together and dig in!

What we send

- ¼ oz harissa spice blend
- 2 (2 oz) roasted red pepper pesto ⁷
- 1 cucumber
- 1 plum tomato
- ½ lb pkg falafel
- 10 oz ready to heat quinoa-kale blend
- 2 oz feta ⁷
- 2 (4 oz) hummus ¹¹
- 1 oz Kalamata olives
- ¼ oz za'atar spice blend ¹¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microwave
- medium nonstick skillet

Cooking tip

No microwave for step 3? Heat 1 teaspoon oil in a small pot over medium. Add quinoa-kale blend and 1 tablespoon water. Cook, stirring occasionally, until warmed through, 3-5 minutes.

Allergens

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1220kcal, Fat 87g, Carbs 87g, Protein 34g



1. Prep ingredients

In a small bowl, microwave **harissa spice** and **1 tablespoon oil** until bubbling and aromatic, 30-60 seconds. Stir in **pesto** and set aside.

Peel **cucumber**, if desired; cut half into ½-inch pieces (save rest for own use). Cut **tomato** into ½-inch pieces. Reshape **falafel** into 8 balls, if necessary; slightly flatten to form patties.



4. Finish & serve

Season **cucumbers** and **tomatoes** with **salt** and **pepper**. Crumble **feta**.

Serve **hummus**, **quinoa**, **cucumbers**, **tomatoes**, **feta**, **olives**, and **falafel** in bowls topped with **harissa pesto**, **za'atar spice**, and a **drizzle of oil**. Mix well. Enjoy!



2. Cook falafel

Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Add **falafel** (it should sizzle vigorously) and cook until browned, 2-3 minutes per side. Transfer to a paper towel-lined plate. Season with **salt** and **pepper**.



3. Heat quinoa

Transfer **quinoa-kale blend** to a bowl and microwave, partially covered, on high heat until warmed through, 2-3 minutes. Season to taste with **salt** and **pepper**.



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!