

DINNERLY



Falafel Platter with Homemade Hummus

Shepherd's Salad & Pita Bread



ca. 20min



2 Servings

Is there anything better than making a platter full of food? Grab a pita, take a crispy falafel ball or two, scoop up some hummus, get yourself some salad, and drizzle on sour cream sauce. It feels like picking from the spread at a party, but you get all the best food for yourself! Aka, a party on a platter. We've got you covered!

WHAT WE SEND

- 1 cucumber
- 1 plum tomato
- 15 oz can chickpeas
- 1 oz tahini ¹
- 1 oz sour cream ²
- 2 Mediterranean pitas ^{1,3,4}
- ½ lb pkg falafel

WHAT YOU NEED

- garlic
- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper

TOOLS

- blender or food processor
- medium skillet

ALLERGENS

Sesame (1), Milk (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1030kcal, Fat 66g, Carbs 112g, Protein 33g



1. Make shepherd's salad

Peel **cucumber**, if desired. Quarter lengthwise, then cut into ½-inch pieces. Quarter **tomato** and cut into ½-inch pieces. Finely chop **2 teaspoons garlic**.

In a medium bowl, whisk to combine **2 tablespoons oil** and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**. Add cucumbers and tomatoes and toss to combine. Set aside until step 5.



2. Make hummus

Drain **chickpeas**, reserving ¼ cup **chickpea liquid**. In bowl of a food processor or blender, add **chickpeas**, **tahini**, **chopped garlic**, **2 tablespoons of the chickpea liquid**, **3 tablespoons oil**, and **1 tablespoon vinegar**; blend until smooth and fluffy, about 2 minutes. Season to taste with **salt** and **pepper**. Thin with more chickpea liquid, 1 tablespoon at a time, as needed; set aside.



3. Prep sauce & toast pita

In a small bowl, whisk together **sour cream**, **1 tablespoon water**, and **a pinch each of salt and pepper**. Set aside until step 5.

Lightly brush oil all over **pita**. Heat a medium skillet over medium. Add pita and cook until toasted and golden brown, 1–3 minutes per side. Transfer to a cutting board.



4. Cook falafel

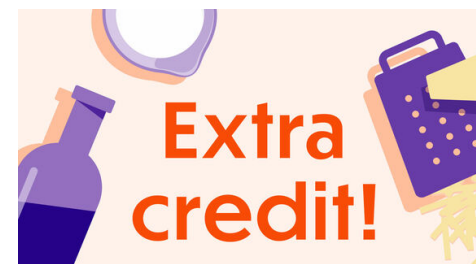
Reshape **falafel** into 8 balls, if necessary. Flatten slightly to form patties. Heat ¼-inch oil in same skillet over medium-high until shimmering. Add falafel (it should sizzle vigorously) and cook until browned, 2–3 minutes per side. Transfer to a paper towel-lined plate.



5. Assemble & serve

Spoon **hummus** onto center of plate. Garnish with **a drizzle of oil** and **a few grinds of pepper**. Cut **pita** into quarters.

Serve **pita**, **shepherd's salad**, and **falafel** alongside **hummus**. Build your own sandwiches and drizzle with **sour cream sauce**. Enjoy!



6. No blender? No problem!

If you don't have a food processor or blender, don't stress. You can still make a hummus that's just as good! In step 2, transfer the chickpeas to a medium bowl, then mash with a potato masher or fork until smooth. Stir in the ingredients as instructed, and continue mashing until desired consistency is reached.