MARLEY SPOON

Falafel Platter

with Herbed Bulgur & Shepherd Salad

30-40min 2 Servings

You don't have to order from your favorite Middle Eastern spot to get the falafel platter of your dreams. We make it easy to replicate this vegan-friendly plate at home, thanks to our ready-to-cook pre-made falafel. But the deliciousness doesn't stop there! We serve these crisp chickpea fritters with herby bulgur wheat salad, crunchy marinated veggies, and creamy tahini sauce.

What we send

- garlic
- 4 oz quick-cooking bulgur [1]
- 2 scallions
- ¼ oz fresh parsley
- 2 plum tomatoes
- 1 cucumber
- ¼ oz sumac
- 1 lemon
- 2 (1 oz) tahini [11]
- ½ lb pkg falafel

What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

Tools

- small saucepan
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 780kcal, Fat 43g, Carbs 83g, Protein 23g

1. Cook bulgur

Finely chop **1 teaspoon garlic**. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **bulgur** and **½ teaspoon of the garlic**. Cook, stirring, until bulgur is lightly toasted, 1–2 minutes. Add **1½ cups water** and **½ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until bulgur is tender, about 12 minutes. Drain, if necessary, and return to saucepan.

2. Add aromatics

Meanwhile, trim **scallions**, then thinly slice. Coarsely chop **parsley leaves and stems**. To **cooked bulgur**, stir in sliced scallions and parsley. Drizzle with **a little oil** and season with **a pinch each of salt and pepper**.

3. Assemble shepherd salad

Core **tomatoes**, then quarter lengthwise and chop. Peel **cucumber**, then halve and scoop out seeds; cut each piece in half lengthwise, then slice into ¼-inch thick pieces. In a medium bowl, combine tomatoes, cucumbers, **2 tablespoons oil, 1 teaspoon vinegar**, and **½ teaspoon sumac**; stir to combine. Season to taste with **salt** and **pepper**.

4. Make tahini sauce

Squeeze **1 tablespoon lemon juice** into a small bowl. Add **all of the tahini** and **remaining garlic**. Whisk in **1 tablespoon water** at a time until sauce is smooth and is the thickness of honey. Season to taste with **salt** and **pepper**. Cut any remaining lemon into wedges.

5. Cook falafel

Shape **falafel** into 8 (1-inch diameter) 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, 5–7 minutes. Transfer to a paper towel-lined plate and sprinkle with **a pinch of salt**.

6. Serve

Serve **falafel** with **bulgur** and **shepherd salad**. Drizzle with **some of the tahini sauce** and sprinkle with **a pinch of the remaining sumac**. Serve **lemon wedges** and **remaining tahini sauce** on the side. Enjoy!