

DINNERLY



Falafel Pita

with Tzatziki & Tomato Salad



30-40min



2 Servings

We PITA the fool who chooses takeout over this crispy falafel pita. With our ready-made falafel mix and tzatziki sauce, it's just what you need to spice up your week (the easy way). We've got you covered!

WHAT WE SEND

- 2 plum tomatoes
- 1 red onion
- ½ lb pkg falafel
- 2 Mediterranean pitas ^{1,6,11}
- 4 oz tzatziki ^{7,15}

WHAT YOU NEED

- garlic
- red wine vinegar (or apple cider vinegar) ¹⁷
- neutral oil
- kosher salt & ground pepper

TOOLS

- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 720kcal, Fat 41g, Carbs 78g, Protein 20g



1. Prep veggies

Cut **tomatoes** into ½-inch pieces. Finely chop ¼ cup **onion** and 1 **teaspoon garlic**.



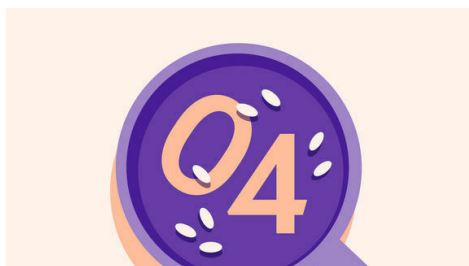
2. Marinate tomatoes

In a medium bowl, whisk to combine 1 **tablespoon vinegar** and 2 **tablespoons oil**. Stir in **tomatoes, chopped garlic**, and **onions**; season to taste with **salt** and **pepper**; set aside until ready to serve.



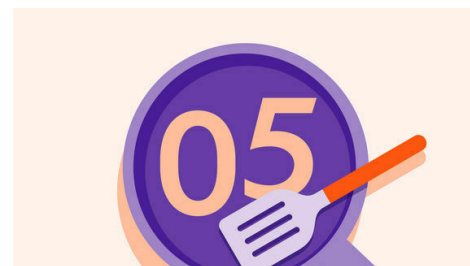
3. Form falafel

Shape **falafel** into 4 (½-inch thick) **patties**.



4. Toast pitas

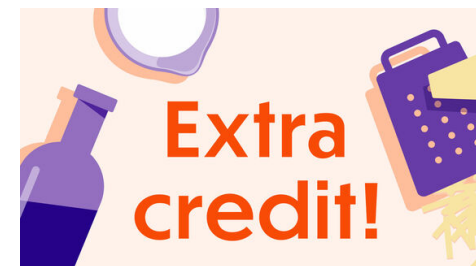
Brush both sides of each **pita** lightly with **oil**. Heat a medium nonstick skillet over medium. Add 1 pita at a time and toast until warmed through, about 1 minute per side. Wrap in foil or a clean kitchen towel as you go to keep warm.



5. Fry falafel & serve

Heat 3 **tablespoons oil** in same skillet over medium-high. Add **falafel** and cook until golden-brown, 2–3 minutes per side. Transfer to a paper towel-lined plate and season with **salt**.

Serve **toasted pitas** topped with **falafel, tzatziki**, and **some of the tomato salad**. Serve **remaining salad** alongside. Enjoy!



6. How to: shallow fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it should sizzle vigorously. When working in batches, make sure your oil comes back up to temperature before frying (if it's browning too quickly, reduce the heat). If too low, the falafel will turn out oily instead of crispy.