



## Mediterranean Salad with Falafel Croutons

& Creamy Tahini Dressing



ca. 20min



2 Servings

Complex Mediterranean flavors and a variety of texture makes this salad the furthest thing from boring. Our ready-made falafel makes delightfully crunchy croutons, served alongside quick-pickled onions, olives, feta, and fresh dill. We stir together nutty tahini sauce and sour cream for a quick yet flavorful dressing to drizzle all over top.

## What we send

- 1 red onion
- 1 oz sour cream <sup>7</sup>
- 1 oz tahini <sup>11</sup>
- ½ lb pkg falafel
- 1 romaine heart
- 2 oz roasted red peppers
- ¼ oz fresh dill
- 1 oz Kalamata olives
- 1 pkg feta <sup>7</sup>

## What you need

- red wine vinegar
- kosher salt & ground pepper
- sugar
- olive oil

## Tools

- medium nonstick skillet

## Allergens

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

## Nutrition per serving

Calories 700kcal, Fat 51g, Carbs 47g, Protein 20g



### 1. Pickle onions

Halve **onion** and thinly slice one half (save rest for own use). Toss in a small bowl with **1 tablespoon vinegar** and **a pinch each of salt and sugar**. Set aside to pickle, stirring occasionally, until ready to serve.



### 2. Prep tahini dressing

In a second small bowl, whisk to combine **sour cream, tahini, and 2 tablespoons water** (thin with more water until it drizzles from a spoon, if necessary); season to taste with **salt and pepper**.



### 3. Fry falafel

Divide each **falafel ball** in half and gently roll into 16 small disks, pressing mixture together so it doesn't fall apart.

Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Add falafel and fry until deeply golden brown, 1-3 minutes per side. Transfer to a paper towel-lined plate and sprinkle with **salt**.



### 4. Make salad

Thinly slice **lettuce**. Finely chop **roasted peppers**, if necessary.

In a large bowl, whisk to combine **peppers, 2 tablespoons oil, and 2 teaspoons vinegar**. Season to taste with **salt and pepper**. Add lettuce and toss to coat.



### 5. Finish & serve

Pick **dill fronds** from stems and coarsely chop; discard stems.

Serve salad topped with **olives, pickled onions, falafel croutons, tahini dressing, dill, and crumbled feta**. Enjoy!



### 6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.