



Falafel & Eggplant Sabich-Style Sandwich

with Garlic Sauce



30min



2 Servings

Falafel: As fun to say as it is to eat. We took inspo from sabich—a popular Israeli sandwich—and mashed them together to bring you the best of both worlds. Crisp falafel balls, tender broiled eggplant, juicy tomato and pickled peppers, all drizzled with garlic sauce. Who said vegetarian food is boring? We've got you covered!

WHAT WE SEND

- 1 eggplant
- 1 plum tomato
- 1½ oz pepperoncini ¹⁷
- 2 (1 oz) sour cream ⁷
- 2 Mediterranean pitas ^{1,6,11}
- ½ lb pkg falafel

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 820kcal, Fat 48g, Carbs 83g, Protein 21g



1. Broil eggplant

Preheat broiler with a rack in the upper third. Trim ends from **eggplant**; cut crosswise into ½-inch thick rounds. Toss on a rimmed baking sheet with ¼ cup oil; season with **salt** and **pepper**. Spread into an even layer.

Broil on upper oven rack until browned on the bottom, 10 minutes (watch closely). Flip eggplant, drizzle with **oil** if dry, and broil until tender, 5–10 minutes more.



4. Fry falafel

Heat ¼-inch oil in a medium nonstick skillet over medium-high. Reshape **falafel** into 8 (2-inch) patties. When **oil** is shimmering, add falafel to skillet (it should sizzle vigorously) and cook until browned, 2–3 minutes per side.



2. Prep ingredients

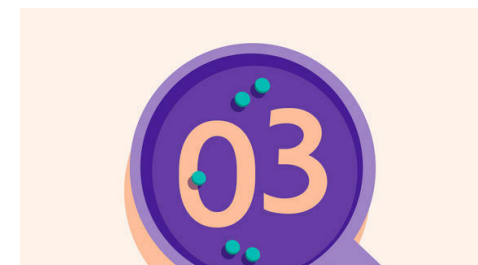
Finely chop 1 **teaspoon garlic**. Slice **tomato** crosswise into ¼-inch thick rounds. Thinly slice **pepperoncini** crosswise.

In a small bowl, stir to combine **chopped garlic**, **all of the sour cream**, and 2 **tablespoons water**; season to taste with **salt** and **pepper**.



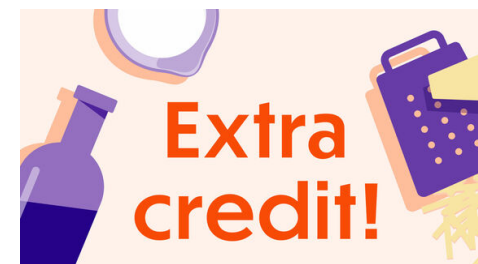
5. Assemble & serve

Top **toasted pita** with **eggplant**, **tomatoes**, and **sliced pepperoncini**. Stack **falafel** on top and drizzle with some of the **garlic sauce**. Enjoy!



3. Toast pita

When **eggplant** is done, lightly brush **both sides of pita** with **oil**. Broil directly on upper oven rack until golden brown, about 2 minutes per side (watch closely as broilers vary).



6. Take it to the next level

Top off this sandwich with some chopped parsley, a squeeze of lemon, and/or a hit of hummus!