

DINNERLY



Mediterranean Falafel Veggie Bowl with Creamy Dill Dressing



under 20min



2 Servings

A new contender has entered the salad arena! This veggie bowl comes together in a flash and scores major points on the health factor. Just combine crispy falafel balls, roasted red pepper, cucumber, and a refreshing dill dressing. You've got a winner, baby. We've got you covered!

WHAT WE SEND

- 1 cucumber
- 4 oz roasted red peppers
- ¼ oz fresh dill
- 5 oz baby spinach
- 2 (1 oz) sour cream ⁷
- ½ lb pkg falafel

WHAT YOU NEED

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

TOOLS

- medium nonstick skillet

COOKING TIP

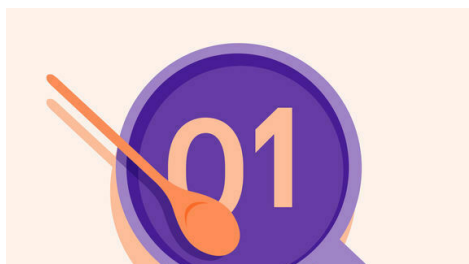
When frying, make sure your oil is hot: it should reach 350°F with an oil thermometer. Or drop a pinch of flour into the oil—it should sizzle vigorously. Careful, oil may splatter while frying!

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 540kcal, Fat 37g, Carbs 44g, Protein 12g

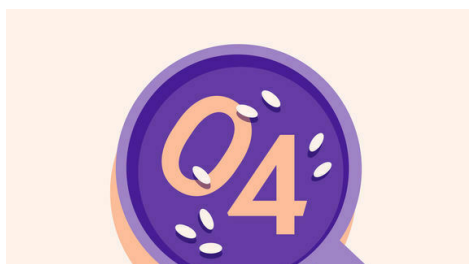


1. Prep veggies & salad

Peel **cucumber**, if desired; halve lengthwise. Scoop out seeds and cut into ½-inch pieces; season with **a pinch of salt** and **a few grinds of pepper**.

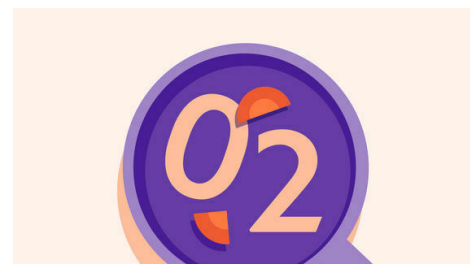
Coarsely chop **peppers**. Finely chop ½ **teaspoon garlic**. Coarsely chop 2 **teaspoons dill leaves and tender stems**.

In a medium bowl, toss **spinach** with 1 **tablespoon oil**; season to taste with **salt** and **pepper**. Set aside.



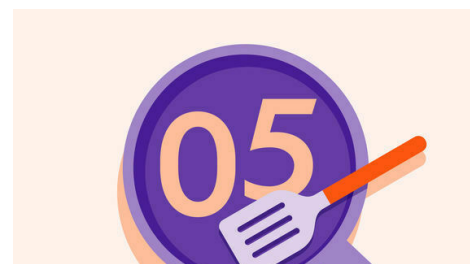
4. Fry falafel

Heat 3 **tablespoons oil** in a medium nonstick skillet over medium-high. Add **falafel**; cook, turning occasionally, until browned all over, about 5 minutes (see cooking tip). Transfer to a paper towel-lined plate to drain.



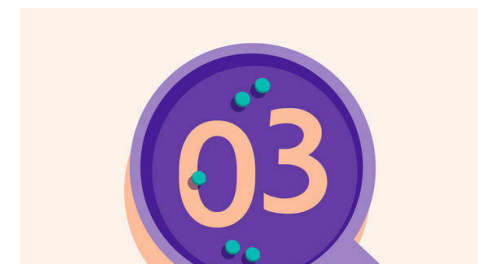
2. Make dressing

In a small bowl, whisk to combine **all of the sour cream, chopped garlic, chopped dill, 1½ tablespoons oil, and 1 tablespoon vinegar**; season to taste with **salt** and **pepper** and set aside until ready to serve.



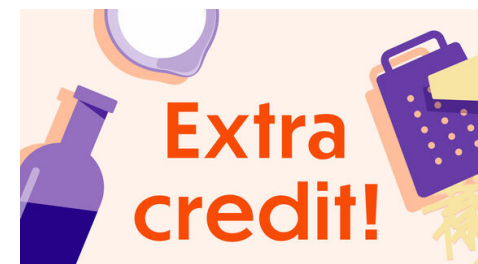
5. Serve

Serve **spinach, cucumbers, peppers, and falafel** in shallow serving bowls. Drizzle **dressing** over top and garnish with **some of the remaining dill**. Enjoy!



3. Shape falafel

Shape **falafel** into 8 equal-sized balls, if necessary.



6. Eat it later!

Arrange salad ingredients as directed in step 5, keeping dressing separate. Store salad and dressing in air-tight containers in the fridge. When ready to eat, pour dressing over top.