



Falafel, Hummus & Curried Veggie Wrap

with Za'atar Side Salad



ca. 20min



2 Servings

The trick to making a delicious veggie meal is using the right spices. We season sautéed onions and peppers with ras el hanout, a warm spice blend that's earthy, sweet, and bursts with flavor. A simple dressing transforms with za'atar spice, which brings herby and savory notes. Crisp falafel and creamy hummus spread on tortillas hug the spiced veggies, and cooling mint and cucumber invigorates the wraps and chopped salad.

What we send

- 1 bell pepper
- 1 yellow onion
- 1 cucumber
- ¼ oz ras el hanout
- ½ lb pkg falafel
- ¼ oz za'atar spice blend ²
- 1 romaine heart
- 2 (10-inch) flour tortillas ^{1,3}
- 2 (2 oz) hummus ²
- ¼ oz fresh mint

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)

Tools

- medium skillet

Cooking tip

Baked falafel instructions! Preheat broiler to high with a rack in the center. Form patties, then place on an oiled baking sheet. Drizzle with oil. Broil until golden, flipping halfway, 6-10 minutes.

Allergens

Wheat (1), Sesame (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 39g, Carbs 90g, Protein 22g



1. Prep ingredients

Halve **pepper**; discard stem and seeds. Cut into thin strips. Halve **onion** and thinly slice.

Halve **cucumber**, removing seeds if desired. Cut one half into 3-inch long planks (save remaining half for own use).



2. Cook veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and **onions**; season with **salt** and **pepper**. Cook, stirring occasionally, until softened and browned, 8-10 minutes. Add **1½ teaspoons ras el hanout** to skillet with **veggies**. Cook, stirring, until fragrant, about 30 seconds. Transfer to a plate and wipe out skillet.



4. Make dressing

Meanwhile, in a large bowl, whisk to combine **2 tablespoons oil**, **2 teaspoons vinegar**, and **1 teaspoon za'atar**. Season to taste with **salt** and **pepper**.

Cut **lettuce** into 1-inch pieces.



5. Build wraps

Place **tortillas** on a work surface. Evenly divide **hummus** among them. Top with **some whole mint leaves** and a **sprinkle of za'atar**. Place **cooked veggies** and **falafel** and **some of the cucumber** over top. Tightly roll into a cylinder, tucking in edges to keep filling from spilling out.



3. Cook falafel

Shape **falafel** into 8 (1-inch diameter) balls, if necessary. Heat **3 tablespoons oil** in reserved 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**.

For alternative broiled falafel instructions, see cooking tip.



6. Make salad & serve

Toss **lettuce**, **remaining cucumber**, and **remaining mint leaves** with **za'atar dressing**.

Transfer to plates and garnish with more **za'atar** if desired. Serve alongside **veggie wraps**. Enjoy!