

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
- ½ lb pkg ready to heat chicken cutlets ^{1,3,7}

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

Wheat (1), Egg (3), 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

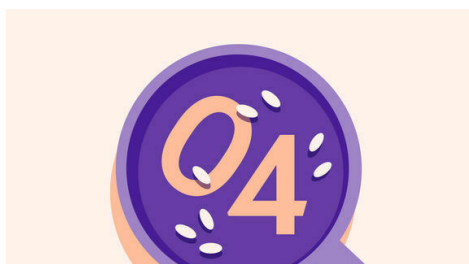


1. Prep veggies & salad

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**.

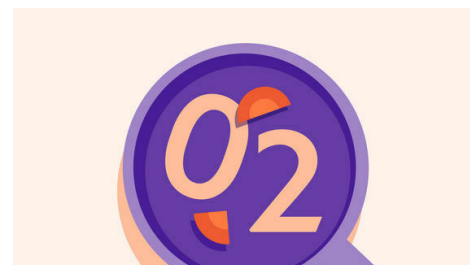
Coarsely chop **peppers**. Finely chop ½ **teaspoon garlic**. Coarsely chop 2 **teaspoons dill leaves and tender stems**.

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



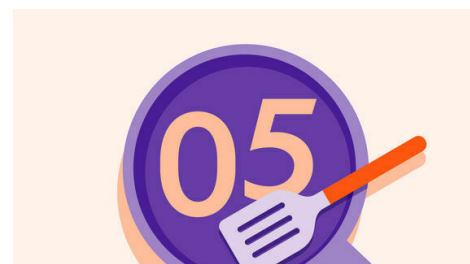
4. Fry falafel

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.



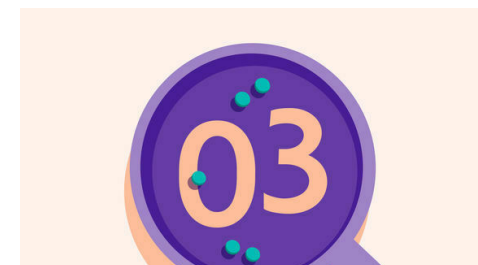
2. Make dressing

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.



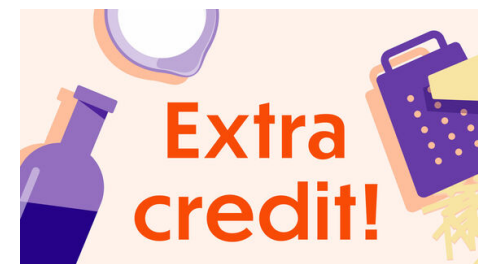
5. Serve

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.