



Falafel Fattoush Salad

with Za'atar Pita Croutons



30min



2 Servings

This Mediterranean salad is the furthest thing from boring. The crisp falafel patties are the stars of this show, but so are the homemade pita croutons baked with herbaceous za'atar spice. Toss it all in a lemony dressing and serve it with a creamy tahini sauce and crumbled feta.

What we send

- 1 cucumber
- 1 plum tomato
- 1 red onion
- 1 romaine heart
- ½ lb pkg falafel
- 1 lemon
- 1 oz tahini ²
- 2 Mediterranean pitas ^{2,3,4}
- ¼ oz za'atar spice blend ²
- 2 oz feta ¹

What you need

- olive oil
- sugar
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium nonstick skillet

Allergens

Milk (1), Sesame (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1060kcal, Fat 66g, Carbs 98g, Protein 28g



1. Prep ingredients

Preheat broiler with a rack in the upper third.

Peel **cucumber**, halve crosswise, and scoop out seeds; thinly slice into half moons. Cut **tomato** into ½-inch pieces. Halve **onion**, then thinly slice. Halve **romaine** crosswise, then thinly slice crosswise.

Shape **falafel** into 8 balls, then gently press into patties.



4. Cook onions & falafel

Heat **¼-inch oil** in a medium nonstick skillet over medium-high. Add **half of the onions** and cook, stirring frequently, until golden brown, 2-3 minutes. Transfer to a paper towel-lined plate.

Add **falafel** to skillet and fry until deeply golden brown, 2-3 minutes per side. Transfer to paper towel-lined plate; sprinkle with **salt**.



2. Make dressings

Squeeze **2 tablespoons lemon juice** into a medium bowl. Add **3 tablespoons oil** and **a pinch of sugar**. Whisk to combine. Season to taste with **salt** and **pepper**.

In a separate small bowl, whisk together **tahini**, **1 tablespoon each of water and lemon juice**, and **a pinch of sugar**. Add **1 teaspoon water** at a time, as needed, to reach desired consistency. Season to taste.



5. Finish salad & serve

To bowl with **lemon dressing**, add **raw and cooked onions, tomatoes, cucumbers, romaine**, and **pita croutons**. Toss to coat.

Serve **fattoush salad** with **falafel, tahini**, and **crumbled feta** over top. Enjoy!



3. Broil croutons

Tear **pita** into roughly 1-inch pieces. On a rimmed baking sheet, generously drizzle pita with **oil**. Add **za'atar**; season with **salt** and **pepper**. Toss to coat. Spread into an even layer.

Broil on upper oven rack until toasted, 2-3 minutes (watch closely as broilers vary).



6. Rate your plate!

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