



Falafel & Quinoa Vitality Bowl

with Tahini-Turmeric Dressing



20-30min



2 Servings

We're freshening things up with an ultra-healthy, colorful, and delicious quinoa bowl. You'll find savory falafel, sweet slices of tomato, fresh mint, and creamy turmeric dressing for a special finish. Quinoa is rich in protein and fiber and also tastes great at room temperature, so feel free to pack up any leftovers to have for a quick lunch the next day!

What we send

- 3 oz white quinoa
- 1 cucumber
- 15 oz can chickpeas
- ½ lb pkg falafel
- 1 oz tahini ¹
- 1 oz maple syrup
- ¼ oz ground cumin
- ¼ oz turmeric
- 2 plum tomatoes
- ¼ oz fresh mint

What you need

- kosher salt & pepper
- apple cider vinegar (or white wine vinegar)
- olive oil

Tools

- small saucepan
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 850kcal, Fat 46g, Carbs 109g, Protein 30g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **1½ cups water**, and **a pinch of salt**. Bring to a boil, then reduce heat to low and cover. Cook until water is absorbed and quinoa is tender, 15-20 minutes. Remove from heat and keep covered until ready to serve.



2. Prep & marinate cucumbers

Meanwhile, trim ends from **cucumber**, then thinly slice crosswise. In a medium bowl, whisk **2 tablespoons vinegar**, **1 tablespoon oil**, and **½ teaspoon salt**. Add cucumbers and toss to coat. Set aside until ready to serve.



3. Prep chickpeas

Preheat broiler with a rack in the top position. Drain liquid from **chickpeas** and dry on a paper towel. Toss on a rimmed baking sheet with **1 tablespoon oil**, and season with **salt** and **pepper**.

Shape **falafel** into 8 (1-inch) balls, if necessary. Add to baking sheet with chickpeas.



4. Broil chickpeas & falafel

Broil **chickpeas** and **falafel** on top oven rack until golden and crispy, stirring chickpeas and flipping falafel halfway through, 6-8 minutes (watch closely as broilers vary).



5. Make dressing

In a small bowl, whisk to combine **tahini**, **2 tablespoons each of water and oil**, **1 tablespoon vinegar**, **2 teaspoons maple syrup**, **¼ teaspoon cumin**, and **⅛ teaspoon turmeric**. Season to taste with **salt** and **pepper** (save remaining cumin, turmeric, and maple syrup for own use).



6. Finish & serve

Thinly slice **tomatoes** and season lightly with **salt**. Pick **mint leaves** from stems. Fluff **quinoa** and divide between bowls. Top with **cucumbers**, **tomatoes**, **falafel**, and **crispy chickpeas**. Drizzle **dressing** over top and sprinkle with **mint**. Enjoy!