



Chickpea & Carrot Falafel

with Tzatziki & Spinach Salad



30-40min



2 Servings

To make falafel, ground chickpeas, onion, and spices are formed into balls or patties, and then fried or baked. The result is a crunchy exterior with a perfectly seasoned, soft interior. We've taken inspiration from this classic Middle Eastern dish and made it our own, adding grated carrot, fried shallots, and Indian garam masala into the mix. Our patties are served over toasted pita, with tzatziki sauce and spinach leaves.

What we send

- 1 shallot
- 1 can chickpeas
- 1 carrot
- 1 lemon
- 1 container Greek yogurt ⁷
- 2 Mediterranean pitas ^{1,6,11}
- 3 oz baby spinach
- ¼ oz tandoori spice blend

What you need

- kosher salt & pepper
- olive oil
- large egg ³
- all-purpose flour ¹

Tools

- colander
- box grater
- medium skillet
- potato masher or fork

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 48g, Carbs 95g, Protein 29g



1. Prep ingredients

Peel and finely chop **shallot**. Drain and rinse **chickpeas**. Coarsely grate **cucumber** on the large holes of a box grater; place between paper towels to remove moisture. Separately, coarsely grate **carrot**. Finely grate **lemon zest**, then squeeze 1 tablespoon juice into a medium bowl, keeping them separate. Cut any remaining lemon into wedges.



4. Form falafel

Add **chickpeas** to bowl with **cooked shallots**. Using a potato masher or fork, mash chickpeas until a coarse paste forms. Stir in **grated carrot, lemon zest, 1 large egg, ¼ cup flour, ½ teaspoon salt**, and **a few grinds pepper**. Using moist hands, form mixture into 8 (3-inch) patties.



2. Make tzatziki & dressing

In a small bowl, stir to combine **yogurt, grated cucumber**, and **a generous pinch each salt and pepper**. Into the medium bowl with **lemon juice**, stir in **2 tablespoons oil** and season to taste with **salt and pepper**.



5. Toast pita

Brush **pitas** on both sides lightly with **oil**. Heat reserved skillet over medium. Working with 1 at a time, add pitas to skillet and toast until lightly golden and warmed through, about 1 minute per side. Wrap in foil to keep warm.



3. Cook shallot

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **shallots** and cook, stirring, until lightly browned and tender, about 3 minutes. Add **3½ teaspoons of the garam masala**; cook, stirring, until fragrant, about 1 minute. Transfer to a medium bowl, then wipe skillet clean and reserve for step 5.



6. Fry falafel & serve

Heat **⅓ inch oil** in same skillet over medium-high until shimmering. Add **falafel** and cook until golden brown, 3–4 minutes per side. Transfer to a paper towel-lined plate; sprinkle with **salt**. Toss **spinach** with **dressing**. Serve **pitas** topped with **spinach salad, falafel**, and **tzatziki**, with **any lemon wedges** for squeezing over top, if desired. Enjoy!