

MARLEY SPOON



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 onions, and Indian garam masala into the mix. Our patties are served over toasted pita, with tzatziki sauce and spinach leaves.

What we send

- 15 oz can chickpeas
- 1 red onion
- 1 cucumber
- 3 oz carrots
- 1 lemon
- 4 oz Greek yogurt ²
- ¼ oz garam masala
- 2 Mediterranean pitas ^{3,4,5}
- 5 oz baby spinach

What you need

- kosher salt & pepper
- olive oil
- 1 large egg ¹
- ¼ c all-purpose flour ⁵

Tools

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

Allergens

Egg (1), Milk (2), Sesame (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 870kcal, Fat 53g, Carbs 98g, Protein 31g



1. Prep ingredients

Drain and rinse **chickpeas**. Finely chop **½ cup onion**. Coarsely grate **cucumber**; place between paper towels to remove moisture. Separately, coarsely grate **carrot**.

Finely grate **all of the 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 onions**. Use a potato masher or fork to mash chickpeas until it forms a coarse paste. Stir in **grated carrots, lemon zest, 1 large egg, ¼ cup flour, ½ teaspoon salt**, and **a few grinds of pepper**.

Use moist hands to form falafel mixture into 8 (3-inch wide) patties.



2. Make tzatziki & dressing

In a small bowl, stir to combine **yogurt, grated cucumbers**, and **a generous pinch each of salt and pepper**.

Into the medium bowl with **lemon juice**, stir in **2 tablespoons oil** and season to taste with **salt and pepper**.

Set **tzatziki** and **dressing** aside until ready to serve.



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 until ready to serve.



3. Cook onions

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **chopped onions** and cook, stirring, until lightly browned and tender, about 3 minutes. Stir in **¾ teaspoon garam masala**; cook until fragrant, about 1 minute. Transfer to a medium bowl, then wipe out skillet and reserve for step 5.



6. Fry falafel & serve

Heat **⅓ inch oil** in same skillet over medium-high until shimmering. Working in batches, 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** on the side for squeezing over. Enjoy!