

# DINNERLY



## Chickpea Falafel Pita with Tzatziki

 30-40min  2 Servings

We PITA the fool that chooses takeout over our crispy falafel with creamy tzatziki sauce. Spiked with pungent ras el hanout seasoning, these falafel are just what you need to spice up your week. We've got you covered!

## WHAT WE SEND

- 2 plum tomatoes
- 1 medium yellow onion
- garlic
- ¼ oz pkt ras el hanout
- 15 oz can chickpeas
- 2 Mediterranean pitas<sup>3,4,2</sup>
- 4 oz tzatziki<sup>5,6</sup>

## WHAT YOU NEED

- red wine vinegar (or apple cider vinegar)
- neutral oil
- kosher salt & ground pepper
- 1 large egg<sup>1</sup>
- all-purpose flour<sup>2</sup>

## TOOLS

- medium nonstick skillet
- potato masher or fork

## ALLERGENS

Egg (1), Wheat (2), Sesame (3), Soy (4), Milk (5), Tree Nuts (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 810kcal, Fat 59g, Carbs 81g, Protein 26g



### 1. Marinate tomatoes

Cut **tomatoes** into ½-inch pieces. Finely chop **onion** and **2 teaspoons garlic**.

In a medium bowl, whisk to combine **1 tablespoon vinegar** and **2 tablespoons oil**. Stir in **tomatoes**, **half of the chopped garlic**, and **¼ cup onions**; season to taste with **salt** and **pepper**.



### 2. Sauté onions

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **remaining onions** and cook until lightly browned and tender, about 3 minutes. Add **1 tablespoon ras el hanout** and cook, stirring, until fragrant, about 1 minute more. Transfer to a medium bowl, then wipe out skillet and reserve for step 4.



### 3. Make falafel

Drain and rinse **chickpeas**. Add to bowl with **sautéed onions**, then mash with a potato masher or fork to form a coarse paste. Stir in **1 large egg**, **2 tablespoons flour**, **½ teaspoon salt**, and **a few grinds of pepper**. Using moist hands, form mixture into 4 (3-inch) patties.



### 4. Toast pitas

Brush both sides of **pitas** lightly with **oil**. Heat reserved skillet over medium. Add 1 pita at a time and toast until warmed through, about 1 minute per side. Wrap pita in foil or a clean kitchen towel to keep warm.



### 5. Fry falafel & serve

Heat ½-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 to drain; sprinkle with **salt**.

Serve **toasted pitas** topped with **falafel**, **tzatziki**, and **some of the tomato salad**. Serve **remaining salad** alongside. Enjoy!



### 6. How to: shallow fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it should sizzle vigorously. When working in batches, make sure your oil comes back up to temperature before frying (if it's browning too quickly, reduce the heat). If too low, the falafel will turn out oily instead of crispy.