



Falafel & Chicken Platter

with Herbed Bulgur & Shepherd Salad



30-40min



2 Servings

You don't have to order from your favorite Middle Eastern spot to get the falafel platter of your dreams. We make it easy to replicate this plate at home, thanks to our ready-to-cook pre-made falafel. But the deliciousness doesn't stop there! We serve these crisp chickpea fritters with herby bulgur wheat salad, crunchy marinated veggies, and creamy tahini sauce.

What we send

- garlic
- 4 oz quick-cooking bulgur ¹
- 2 scallions
- ¼ oz fresh parsley
- 2 plum tomatoes
- 1 cucumber
- ¼ oz sumac
- 1 lemon
- 2 (1 oz) tahini ¹¹
- ½ lb pkg falafel
- 10 oz pkg chicken breast strips

What you need

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

Tools

- small saucepan
- medium nonstick skillet

Allergens

Wheat (1), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 45g, Carbs 83g, Protein 55g



1. Cook bulgur

Finely chop **1 teaspoon garlic**. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **bulgur** and **½ teaspoon of the garlic**. Cook, stirring, until bulgur is lightly toasted, 1-2 minutes. Add **1½ cups water** and **½ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until bulgur is tender, about 12 minutes. Drain, if necessary, and return to saucepan.



2. Add aromatics

Meanwhile, trim **scallions**, then thinly slice. Coarsely chop **parsley leaves and stems**. To **cooked bulgur**, stir in sliced scallions and parsley. Drizzle with **a little oil** and season with **a pinch each of salt and pepper**.



3. Assemble shepherd salad

Core **tomatoes**, then quarter lengthwise and chop. Peel **cucumber**, then halve and scoop out seeds; cut each piece in half lengthwise, then slice into ¼-inch thick pieces. In a medium bowl, combine tomatoes, cucumbers, **2 tablespoons oil**, **1 teaspoon vinegar**, and **½ teaspoon sumac**; stir to combine. Season to taste with **salt** and **pepper**.



4. Make tahini sauce

Squeeze **1 tablespoon lemon juice** into a small bowl. Add **all of the tahini** and **remaining garlic**. Whisk in **1 tablespoon water** at a time until sauce is smooth and is the thickness of honey. Season to taste with **salt** and **pepper**. Cut any remaining lemon into wedges.



5. Cook falafel

Shape **falafel** into 8 (1-inch diameter) balls, if necessary. Heat **3 tablespoons oil** in a medium nonstick skillet over medium-high. Add falafel and cook, turning occasionally, until browned all over, 5-7 minutes. Transfer to a paper towel-lined plate and sprinkle with **a pinch of salt**.






6. Cook chicken & serve

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.

Serve **falafel** with **bulgur**, **chicken** and **salad** with **tahini** and **remaining sumac**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**