

# DINNERLY



## Falafel-Chicken Platter with Homemade Hummus

Shepherd's Salad & Pita Bread



ca. 20min



2 Servings

Is there anything better than making a platter full of food? Grab a pita, take a crispy falafel ball or two, add a slice of chicken, scoop up some hummus, get yourself some salad, and drizzle on sour cream sauce. It feels like picking from the spread at a party, but you get all the best food for yourself! Aka, a party on a platter. We've got you covered!

## WHAT WE SEND

- 1 cucumber
- 1 plum tomato
- 15 oz can chickpeas
- 1 oz tahini <sup>11</sup>
- 1 oz sour cream <sup>7</sup>
- 2 Mediterranean pitas <sup>1,6,11</sup>
- 10 oz pkg boneless, skinless chicken breast
- ½ lb pkg falafel

## WHAT YOU NEED

- garlic
- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper

## TOOLS

- blender or food processor
- medium skillet

## ALLERGENS

Wheat (1), 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 1170kcal, Fat 67g, Carbs 112g, Protein 66g



### 1. Make shepherd's salad

Peel **cucumber**, if desired. Quarter lengthwise, then cut into ½-inch pieces. Quarter **tomato** and cut into ½-inch pieces. Finely chop **2 teaspoons garlic**.

In a medium bowl, whisk to combine **2 tablespoons oil** and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**. Add cucumbers and tomatoes and toss to combine. Set aside until step 5.



### 2. Make hummus

Drain **chickpeas**, reserving ¼ cup **chickpea liquid**. In bowl of a food processor or blender, add **chickpeas**, **tahini**, **chopped garlic**, **2 tablespoons of the chickpea liquid**, **3 tablespoons oil**, and **1 tablespoon vinegar**; blend until smooth and fluffy, about 2 minutes. Season to taste with **salt** and **pepper**. Thin with more chickpea liquid, 1 tablespoon at a time, as needed; set aside.



### 3. Prep sauce & toast pita

In a small bowl, whisk together **sour cream**, **1 tablespoon water**, and **a pinch each of salt and pepper**. Set aside until step 5.

Lightly brush oil all over **pita**. Heat a medium skillet over medium. Add pita and cook until toasted and golden brown, 1–3 minutes per side. Transfer to a cutting board.



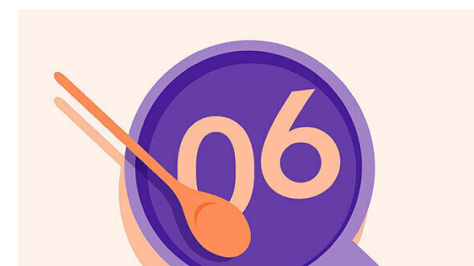
### 4. CHICKEN VARIATION

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



### 5. Cook falafel

Reshape **falafel** into 8 balls, if necessary. Flatten slightly to form patties. Heat ¼-inch oil in same skillet over medium-high until shimmering. Add falafel (it should sizzle vigorously) and cook until browned, 2–3 minutes per side. Transfer to a paper towel-lined plate.



### 6. Assemble & serve

Spoon **hummus** onto center of plate. Garnish with **a drizzle of oil** and **a few grinds of pepper**. Cut **pita** into quarters. Slice **chicken**.

Serve **pita**, **shepherd's salad**, chicken, and **falafel** alongside **hummus**. Build your own sandwiches and drizzle with **sour cream sauce**. Enjoy!