DINNERLY



Mediterranean Falafel & Chicken Bowl with Creamy Dill Dressing



under 20min 2 Servings



A new contender has entered the salad arena! This bowl comes together in a flash and scores major points on the health factor. Just combine crispy falafel balls, juicy chicken strips, roasted red pepper, cucumber, and a refreshing dill dressing. You've got a winner, baby. We've got you covered!

WHAT WE SEND

- 1 cucumber
- · 2 oz roasted red peppers
- ¼ oz fresh dill
- · 5 oz baby spinach
- · 2 (1 oz) sour cream 1
- ½ lb pkg chicken breast strips
- ½ lb pkg falafel

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- · neutral oil
- white wine vinegar (or apple cider vinegar)

TOOLS

medium nonstick skillet

COOKING TIP

When frying, make sure your oil is hot: it should reach 350°F with an oil thermometer. Or drop a pinch of flour into the oil—it should sizzle vigorously. Careful, oil may splatter while frying!

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 40g, Carbs 42g, Protein 38g



1. Prep veggies & salad

Peel cucumber, if desired; halve lengthwise. Scoop out seeds and cut into ½-inch pieces; season with a pinch of salt and a few grinds of pepper.

Coarsely chop peppers. Finely chop ½ teaspoon garlic. Coarsely chop 2 teaspoons dill leaves and tender stems.

In a medium bowl, toss **spinach** with 1 **tablespoon oil**; season to taste with **salt** and **pepper**. Set aside.



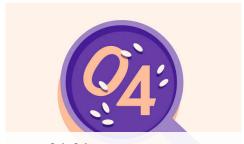
2. Make dressing

In a small bowl, whisk to combine all of the sour cream, chopped garlic, chopped dill, 1½ tablespoons oil, and 1 tablespoon vinegar; season to taste with salt and pepper and set aside until ready to serve.



3. Cook chicken

Pat chicken strips dry; season with a pinch each of salt and pepper. Heat 1 tablespoon oil in a medium 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. Transfer to a plate; reserve skillet.



4. Fry falafel

Shape **falafel** into 8 equal-sized balls, if necessary.

Heat 3 tablespoons oil in reserved skillet over medium-high. Add falafel; cook, turning occasionally, until browned all over, about 5 minutes (see cooking tip). Transfer to a paper towel-lined plate to drain.



5. Serve

Serve spinach, cucumbers, peppers, falafel, and chicken in shallow serving bowls. Drizzle dressing over top and garnish with some of the remaining dill. Enjoy!



6. Eat it later!

Arrange salad ingredients as directed in step 5, keeping dressing separate. Store salad and dressing in air-tight containers in the fridge. When ready to eat, pour dressing over top.