



Vegan Lebanese Hashweh with Falafel & Cucumber-Tomato Salad



30-40min



2 Servings

Also known as Lebanese dirty rice, hashweh is a one-pot meal of spiced rice with pine nuts and currants. For this vegan version, we use plant-based ground, which satisfies even the hungriest carnivore. Soaking long-grain basmati rice removes excess starch so that each grain cooks evenly and separately. A mild baharat spice blend flavors the rice, while sumac adds citrusy notes to the delightfully fresh cucumber-tomato salad.

What we send

- 5 oz basmati rice
- 1 red onion
- ¼ oz fresh parsley
- 1 oz pine nuts ¹⁵
- ½ lb pkg plant-based ground ^{1,6,15}
- ¼ oz baharat spice blend ¹¹
- 1 cucumber
- 1 plum tomato
- ¼ oz sumac
- ½ oz dried currants
- ½ lb pkg falafel

What you need

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

Tools

- medium Dutch oven or pot with lid
- medium skillet

Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

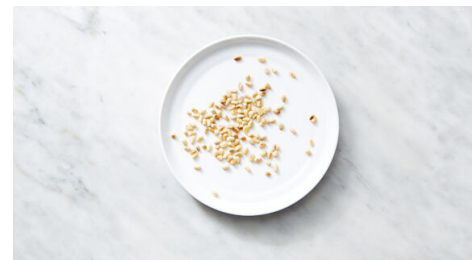
Calories 1020kcal, Fat 43g, Carbs 122g, Protein 41g



1. Prep ingredients

In a medium bowl, cover **rice** with **cold water** by 1-inch; soak for 10 minutes, then drain in a fine-mesh sieve.

Cut **onion** into ½-inch pieces. Pick **parsley leaves** from stems; coarsely chop the leaves and finely chop the stems.



2. Toast pine nuts

Place **pine nuts** in a dry medium Dutch oven or pot (without oil) over medium heat. Toast, shaking skillet often, until pine nuts are slightly golden and fragrant, 1-3 minutes (watch closely). Transfer to a plate.



3. Build hashweh

In same pot, heat **2 tablespoons oil** over medium-high. Add **¾ of the onions**; cook, stirring occasionally, until slightly softened, about 3 minutes.

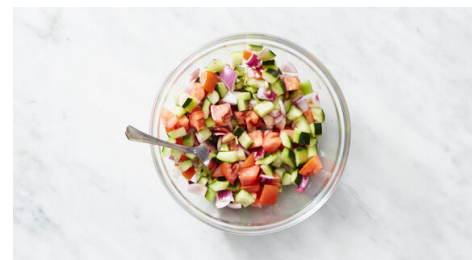
Add **plant-based ground, baharat spice**, and **parsley stems**; cook, breaking up into bite-sized pieces, until browned in spots, 4-5 minutes. Season to taste with **salt** and **pepper**. Add **rice, 1¼ cups water**, and **½ teaspoon salt**



4. Cook hashweh & falafel

Bring to a boil; scrape up brown bits from the bottom. Cover; reduce heat to low. Cook until water is absorbed, 12 minutes. Off heat, let rest, covered, for 5 minutes.

Shape **falafel** into 8 (1-inch) balls, if necessary. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add falafel; cook, turning occasionally, until browned, about 5 minutes. Transfer to a paper towel-lined plate.



5. Make cucumber salad

Meanwhile, peel **cucumber** and remove seeds; cut into ½-inch pieces. Cut **tomato** into ½-inch pieces. In a medium bowl, whisk together **1 tablespoon vinegar, ½ teaspoon sugar, ¼ teaspoon each of sumac and salt**, and **a few grinds of pepper**. Add cucumbers, tomatoes, and **remaining onions**; toss to coat.







6. Finish & serve

Fluff **hashweh** with a fork; season to taste with **salt** and **pepper**. Sprinkle **parsley leaves, pine nuts, currants**, and **some of the sumac** over top.

Serve **hashweh** with **falafel** and **cucumber salad** alongside. Enjoy!

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

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