

# DINNERLY



## Fast! Baked Falafel Wrap with Tahini Sauce & Salad



under 20min



2 Servings

A really good wrap can turn your whole day around, TBH. We think this quick vegetarian one can do just the trick. Just crisp falafel patties under the broiler, whisk up a nutty tahini sauce, and get a simple salad into the mix. Wasn't that easy? We've got you covered!



### WHAT WE SEND

- 1 plum tomato
- 1 red onion
- 1 romaine heart
- ½ lb pkg falafel
- 2 (1 oz) tahini <sup>2</sup>
- ¼ oz gyro spice
- 2 oz balsamic vinaigrette
- 2 (10-inch) flour tortillas <sup>1,3</sup>

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

### TOOLS

- rimmed baking sheet
- microwave (optional)

### ALLERGENS

Wheat (1), Sesame (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 680kcal, Fat 36g, Carbs 76g, Protein 22g



#### 1. Prep ingredients

Preheat broiler with a rack in the center.

Halve **tomato** and thinly slice into half-moons. Halve **onion** and thinly slice one half (save rest for own use). Thinly slice **lettuce**.

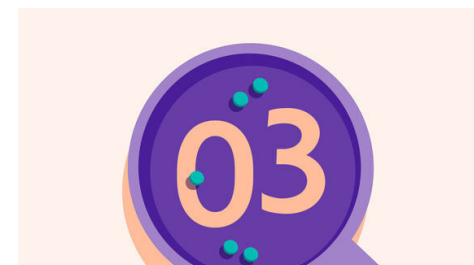
Form **falafel** into 8 (1-inch) balls, if necessary; flatten each ball into a 2-inch patty.



#### 2. Cook falafel

Drizzle **oil** over a rimmed baking sheet and place **falafel** on top. Drizzle more **oil** over falafel.

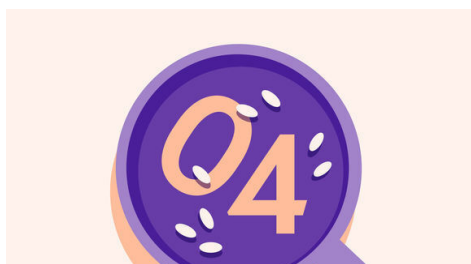
Broil on center oven rack until warmed through and browned on both sides, flipping halfway through, 6–10 minutes (watch closely as broilers vary).



#### 3. Prep tahini & salad

In a small bowl, whisk to combine **tahini**, 2 **teaspoons gyro spice**, 2 **tablespoons water**, and 1 **teaspoon vinegar**. Season to taste with **salt** and **pepper**.

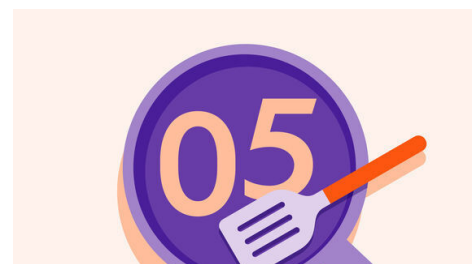
In a large bowl, toss **lettuce** with **vinaigrette**.



#### 4. Assemble wrap

Optionally, wrap **tortillas** in a damp paper towel and microwave until warmed through, 30–90 seconds.

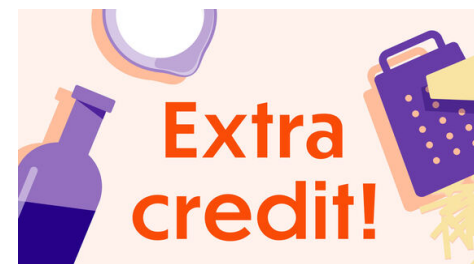
Arrange tortillas on a work surface. Spread **tahini sauce** over one half of each tortilla. Top with **some of the tomatoes and onions**. Place **falafel** on top. Tightly roll into a cylinder, tucking in edges to keep filling from spilling out.



#### 5. Finish salad & serve

Toss **remaining tomatoes and onions** with **salad**.

Serve baked falafel wrap with salad alongside. Enjoy!



#### 6. Take it to the next level

Bulk up your wrap by adding cucumbers, pickled peppers, or fresh herbs like mint, cilantro, or parsley.