



Fast! Falafel Souvlaki Salad

with Garlic Yogurt & Mint



ca. 20min



2 Servings

We're building layers of delicious textures in record time for this fresh and filling weeknight meal. A crisp salad of romaine, cucumbers, and tomatoes accompanies flavor-packed falafel to which we drizzle over a homemade garlic yogurt dressing and garnish with fresh mint. Healthy and hearty—this main course salad delivers.

What we send

- 1 shallot
- garlic
- ¼ oz dried oregano
- ½ lb pkg falafel
- 1 cucumber
- 1 plum tomato
- 4 oz Greek yogurt ⁷
- ¼ oz fresh mint
- 1 romaine heart

What you need

- olive oil
- red wine vinegar
- kosher salt & ground pepper

Tools

- microplane or grater
- medium skillet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 530kcal, Fat 32g, Carbs 51g, Protein 19g



1. Prep dressing

Thinly slice **shallot**. Finely grate **1 teaspoon garlic**.

In a medium bowl, whisk to combine **3 tablespoons oil**, **1 tablespoon vinegar**, **1 teaspoon oregano**, and **half of the garlic**. Season to taste with **salt** and **pepper**.

Shape **falafel** into 8 (1-inch) balls, if necessary; flatten each ball to form 2-inch patties.



4. Make garlic yogurt

In a small bowl, combine **yogurt**, **remaining garlic**, **1 tablespoon water**, and **a drizzle of olive oil**. Season to taste with **salt** and **pepper**.



2. Cook falafel

Heat **¼-inch oil** in a medium skillet over medium-high until shimmering. Add **falafel** (it should sizzle vigorously) and cook until browned on bottom, 2-3 minutes. Flip, add **half of the shallots**, and cook until falafel is browned all over and heated through and shallots are softened, 2-3 minutes more. Transfer to a paper towel-lined plate to drain.



5. Finish

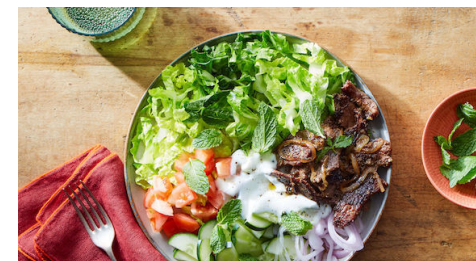
Pick **mint leaves** from stems, tearing if large; discard stems.

Slice **romaine** crosswise and divide between bowls. Drizzle **dressing** over top. Top with **falafel**, **cooked shallots**, **tomatoes**, **cucumbers**, and **remaining shallots**. Dollop with **garlic yogurt** and garnish with **mint leaves**. Finish with a **few cracks of black pepper**.



3. Prep vegetables

Meanwhile, halve **cucumber** (save rest for own use); peel, if desired, and thinly slice into half moons. Cut **tomato** into ½-inch pieces.



6. Serve

Enjoy!