

DINNERLY



Vegan Mediterranean Chickpea & Falafel Salad

with Creamy Za'atar Hummus Dressing



30-40min



2 Servings

This superb vegan salad combines two important elements: the crunchy and the creamy. For the crunch we quickly roast crispy chickpeas and homemade croutons, and for the creamy dressing we flavor hummus and lemon juice with herby za'atar seasoning. And in case that wasn't enough, tender, crispy falafel sits atop it all. We've got you covered!

WHAT WE SEND

- 15 oz can chickpeas
- 1 romaine heart
- 1 plum tomato
- 1 lemon
- 1 mini French roll ¹
- ½ lb pkg falafel
- 4 oz hummus ²
- ¼ oz za'atar spice blend ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 740kcal, Fat 49g, Carbs 81g, Protein 28g



1. Start chickpeas & prep

Preheat oven to 425°F with a rack in the center. Cut **lettuce** into 1-inch pieces. Cut **tomato** into ½-inch pieces. Cut **lemon** into wedges; squeeze **3 teaspoons lemon juice** into a large bowl.

Drain **chickpeas**; rinse and pat very dry. Toss on a rimmed baking sheet with **2 tablespoons oil** and **a generous pinch each of salt and pepper**. Roast on center oven rack, 10 minutes.



4. Make dressing

To bowl with **lemon juice**, whisk to combine **hummus**, **1½ teaspoons za'atar** (or more to taste), and **1 tablespoon water**. Add more water, 1 tablespoon at a time, until it drizzles from a spoon. Season to taste with **salt** and **pepper**.

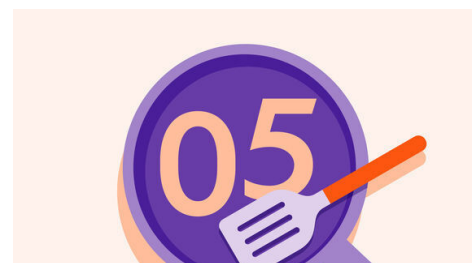
Add **lettuce** and toss until evenly coated.



2. Bake chickpeas & croutons

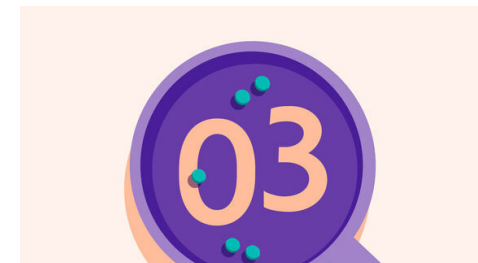
Meanwhile, tear **bread** into 1-inch pieces. Toss with **2 tablespoons oil** and **a pinch each of salt and pepper**.

Push **chickpeas** to one side of baking sheet; add bread to empty side. Return to center oven rack and cook until bread is toasted and chickpeas are golden brown, 12–15 minutes.



5. Serve

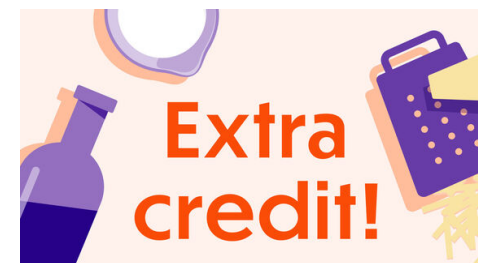
Serve **salad** topped with **falafel**, **roasted chickpeas**, **croutons**, and **tomatoes**. Serve **lemon wedges** alongside. Enjoy!



3. FALAFEL VARIATION

Reshape **falafel** into 8 balls, if necessary. Flatten slightly to form patties.

Heat **¼-inch oil** in a medium 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. Season with **salt** and **pepper**.



6. Rate your plate!

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