

# MARLEY SPOON



## Falafel Burger & Roasted Broccoli

with Mint Pesto & Tahini Sauce



30-40min



2 Servings

There's a new veggie burger in town! We use flavorful pre-made falafel as the base for these gyro-esque burgers. After a quick shallow fry, the patties develop a golden crust on the outside while staying tender in the center. We top them with classic burger fixings like lettuce and tomatoes but add a tahini sauce and homemade mint pesto to match the Mediterranean theme.

## What we send

- ½ lb broccoli
- garlic
- 1 plum tomato
- ¼ oz fresh mint
- 1 oz golden raisins
- 2 ciabatta rolls <sup>1</sup>
- ½ lb pkg falafel
- 1 oz tahini <sup>2</sup>
- 1 lemon
- 1 romaine heart

## What you need

- all-purpose flour <sup>1</sup>
- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)
- sugar

## Tools

- rimmed baking sheet
- medium nonstick skillet

## Cooking tip

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## Allergens

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

## Nutrition per serving

Calories 950kcal, Fat 54g, Carbs 100g, Protein 24g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. Cut **broccoli** into 1-inch florets, if necessary. Finely chop **2 teaspoons garlic**. Thinly slice **tomato** into rounds.



### 4. Fry falafel burgers

Meanwhile, form **falafel** into 2 equal-sized patties, pressing lightly. Heat **⅜-inch oil** in a medium nonstick skillet over medium-high. Once **oil** is shimmering (should sizzle vigorously), add falafel patties and cook until browned, 3-4 minutes. Carefully flip patties and press to flatten; cook, 3-4 minutes more. Transfer to a paper towel-lined plate and sprinkle with **salt**.



## THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

### 2. Roast broccoli

Toss **broccoli** on a rimmed baking sheet with **1 tablespoon oil** and **a pinch each of salt and pepper**. Bake on lower oven rack until tender and browned in spots, about 15 minutes.



### 5. Make sauce & toast rolls

Meanwhile, in a small bowl, combine **tahini**, **remaining garlic**, **1 tablespoon each of oil, lemon juice, and water**, and **a pinch of sugar**. Stir in water, 1 tablespoon at a time, as needed to thin. Season to taste with **salt** and **pepper**.

Switch oven to broil; toast **rolls** directly on upper oven rack until lightly toasted all over, 2-3 minutes (watch closely).



### 3. Make mint pesto

Pick and finely chop **mint leaves**; discard stems. Coarsely chop **golden raisins**. In a small bowl, combine **mint**, **chopped raisins**, **half of the chopped garlic**, **2 tablespoons oil**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**; set aside until step 6. Split **rolls**, if necessary; brush cut sides of rolls with **oil**.



### 6. Finish & serve

Separate **half of the lettuce leaves** (save rest for own use) from stem, then halve leaves crosswise. Drizzle **some of the tahini sauce** on **rolls** and place **falafel patties**, **lettuce**, **tomatoes**, **mint pesto**, and **tahini sauce** on top. Serve **falafel burgers** with **broccoli** and **remaining tahini sauce** on the side for dipping. Enjoy!