



Mediterranean Salad with Falafel Croutons

& Creamy Tahini Dressing



ca. 20min



2 Servings

Complex Mediterranean flavors and a variety of texture makes this salad the furthest thing from boring. Our ready-made falafel makes delightfully crunchy croutons, served alongside quick-pickled onions, olives, feta, and fresh dill. We stir together nutty tahini sauce and sour cream for a quick yet flavorful dressing to drizzle all over top.

What we send

- 1 red onion
- 1 oz sour cream ⁷
- 1 oz tahini ¹¹
- ½ lb pkg falafel
- 1 romaine heart
- 2 oz roasted red peppers
- ¼ oz fresh dill
- 1 oz Kalamata olives
- 1 pkg feta ⁷

What you need

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

Tools

- medium nonstick skillet

Allergens

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 51g, Carbs 47g, Protein 20g



1. Pickle onions

Halve **onion** and thinly slice one half (save rest for own use). Toss in a small bowl with **1 tablespoon vinegar** and a **pinch each of salt and sugar**. Set aside to pickle, stirring occasionally, until ready to serve.



2. Prep tahini dressing

In a second small bowl, whisk to combine **sour cream, tahini**, and **2 tablespoons water** (thin with more water until it drizzles from a spoon, if necessary); season to taste with **salt** and **pepper**.



3. Fry falafel

Divide each **falafel ball** in half and gently roll into 16 small disks, pressing mixture together so it doesn't fall apart.

Heat **¼-inch oil** in a medium nonstick skillet over medium-high until shimmering. Add falafel and fry until deeply golden brown, 1-3 minutes per side. Transfer to a paper towel-lined plate and sprinkle with **salt**.



4. Make salad

Thinly slice **lettuce**. Finely chop **roasted peppers**, if necessary.

In a large bowl, whisk to combine **peppers, 2 tablespoons oil**, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**. Add lettuce and toss to coat.



5. Finish & serve

Pick **dill fronds** from stems and coarsely chop; discard stems.

Serve salad topped with **olives, pickled onions, falafel croutons, tahini dressing, dill**, and **crumbled feta**. Enjoy!



6. Rate your plate!

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