

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 falafel¹
- 2 (1 oz) tahini¹
- ¼ oz gyro spice
- 1 pkt balsamic vinaigrette
- 2 (10-inch) flour tortillas^{2,3}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- microwave (optional)

ALLERGENS

Sesame (1), Soy (2), Wheat (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

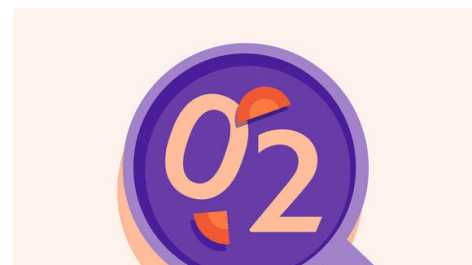


1. Prep ingredients

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**.

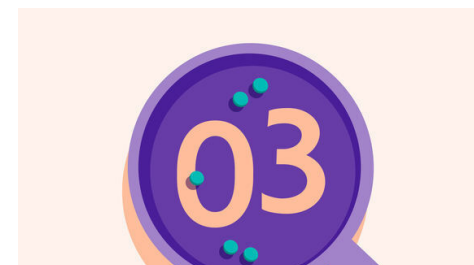
Form **falafel** into 8 (1-inch) balls, if necessary; flatten each ball into a 2-inch patty.



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**.

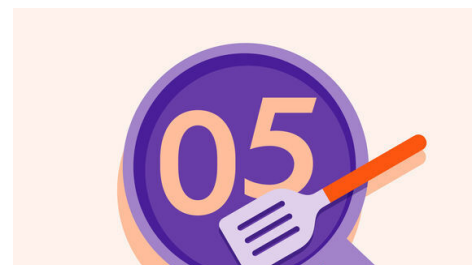
In a large bowl, toss **lettuce** with **vinaigrette**.



4. Assemble wrap

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

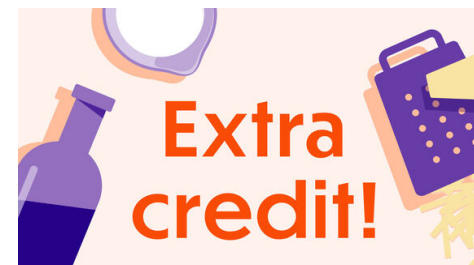
Arrange tortillas on a work surface. Spread **tahini sauce** over one half of each tortilla. Top with **some of the tomatoes and onions**. Place **falafel** on top. Tightly roll into a cylinder, tucking in edges to keep filling from spilling out.



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.