

DINNERLY



Buffalo Falafel Burger with Roasted Green Beans

 30-40min  2 Servings

So you can't decide if you want Buffalo wings, falafel, or a burger for dinner. Well, we think you deserve everything you want, so we're giving you all three! We're talking falafel patties brushed with Buffalo sauce, plus some mayo, lettuce, and pickles thrown into the mix. Add a side of green beans for a veggie burger that satisfies all the cravings. We've got you covered!

WHAT WE SEND

- 1 lb green beans
- 1 romaine heart
- 1 oz Buffalo sauce
- 2 artisan buns^{1,2,3,4}
- ½ lb pkg falafel
- 1 oz mayonnaise^{1,3}
- ¾ oz dill pickles

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- butter²
- apple cider vinegar (or white wine vinegar)

TOOLS

- rimmed baking sheet
- microwave
- medium skillet

COOKING TIP

No microwave? Heat the Buffalo sauce and butter in a small saucepan on the stovetop instead.

ALLERGENS

Egg (1), Milk (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 950kcal, Fat 60g, Carbs 94g, Protein 23g



1. GREEN BEAN VARIATION

Preheat oven to 450°F with a rack in the upper third.

Trim stem ends from **green beans**.

On a rimmed baking sheet, toss to combine **green beans**, **2 teaspoons oil**, and **a pinch each of salt and pepper**. Roast on upper oven rack until well browned and tender, 12–15 minutes.



4. Fry falafel patties

Form **falafel** into 2 patties. Heat ¼-inch oil in same skillet over medium-high until shimmering. Add patties (it should sizzle vigorously); lower heat to medium and fry until browned and crispy, 5–6 minutes per side. Transfer to a paper towel-lined plate and season with **salt and pepper**.



2. Prep lettuce & sauce

While **green beans** cook, halve **lettuce** lengthwise, then thinly slice half crosswise (save rest for own use); discard stem end. Transfer to a medium bowl.

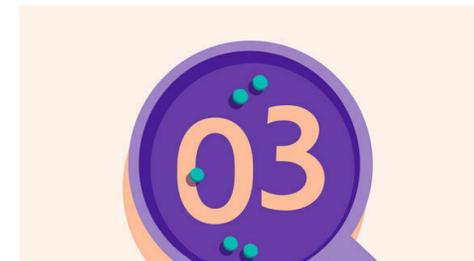
Add **Buffalo sauce** and **1 tablespoon butter** to a small microwave-safe bowl; microwave until melted, 30–60 seconds. Stir to combine and set aside until step 5.



5. Finish & serve

To bowl with **lettuce**, add **1 teaspoon mayo** and ½ **teaspoon vinegar**; toss to combine. Season to taste with **salt and pepper**. Brush both sides of **patties** with **Buffalo sauce**. Spread **mayo** on **toasted buns**.

Top buns with **pickles**, **falafel patties**, and **shredded lettuce**. Serve **Buffalo falafel burger** with **green beans** alongside. Enjoy!



3. Toast buns

Heat **1 tablespoon butter** in a medium skillet over medium until foaming. Add **buns**, cut-side down, and toast until lightly browned, 1–2 minutes. Set aside until step 5; wipe out skillet.



6. Check us out!

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