

# MARLEY SPOON



## Fast! Baked Falafel Platter

with Hummus, Red Pepper Pesto & Za'atar Pita



20-30min



2 Servings

A Middle Eastern-style falafel spread has never been easier thanks to our ready-to-bake falafel mixture and our elevated spreads. We form falafel patties and bake them in just minutes while we whip up a fresh cucumber-onion-mint salad for a refreshing bite. Za'atar spice mix seasons toasted pita bread that we serve alongside readymade hummus and red pepper pesto with tahini sauce drizzled over top!



## What we send

- 1 red onion
- 1 cucumber
- 1 lemon
- ½ lb pkg falafel
- ¼ oz fresh mint
- 1 oz tahini <sup>2</sup>
- 2 Mediterranean pitas <sup>2,3,4</sup>
- ¼ oz za'atar spice blend <sup>2</sup>
- 2 (2 oz) hummus <sup>2</sup>
- 2 (2 oz) roasted red pepper pesto <sup>1</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- rimmed baking sheet

## Cooking tip

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## Allergens

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

## Nutrition per serving

Calories 980kcal, Fat 56g, Carbs 102g, Protein 29g



### 1. Prep ingredients

Preheat broiler with racks in the center and upper third positions.

Halve **onion** and thinly slice one half (save rest for own use). Peel **cucumber**, if desired; halve lengthwise, scoop out seeds with a spoon, and cut into ½-inch pieces. Halve **lemon** crosswise.

Form **falafel** into 8 (1-inch) balls, if necessary; flatten each ball into a 2-inch patty and drizzle both sides with **oil**.



### 4. Toast pita

Lightly brush **oil** all over **pitas** and sprinkle with **za'atar**. Place directly on upper oven rack; toast until soft, about 1 minute per side (watch closely). Cut into wedges, if desired.



### 2. Cook falafel

Arrange **falafel** evenly on a rimmed baking sheet. Drizzle with more **oil**. Broil on center oven rack until warmed through and browned on each side, flipping falafel halfway through, 6-10 minutes total (watch carefully to prevent falafel from burning as ovens vary).



### 5. Finish & serve

If **tahini sauce** is too thick to drizzle, stir in **1 teaspoon water** at a time until it is the correct consistency.

Serve **falafel** with **hummus**, **red pepper pesto**, and **pita**. Drizzle **some of the tahini sauce** over **falafel**. Drizzle **oil** over **hummus**. Serve **cucumber salad** and **remaining tahini sauce** alongside. Enjoy!



### 3. Make salad & tahini sauce

Pick **mint leaves** from stems, tearing if large; discard stems. Juice **½ of the lemon** into a medium bowl. Add **cucumbers**, **onions**, **mint**, and **2 tablespoons oil**; toss. Season to taste with **salt** and **pepper**.

Into a small bowl, juice remaining ½ lemon. Stir in **tahini**, **2 teaspoons oil**, and **2 teaspoons water**. Season to taste with **salt** and **pepper**.



### 6. Check us out!

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