

DINNERLY



Carrot Falafel with Toasted Pita & Cucumber-Yogurt Sauce



30-40min



2 Servings

These carrot-and-chickpea patties will make you feel FALAFEL without weighing you down. They are smothered in lots of tzatziki (cool cucumber yogurt sauce) and wrapped up in warm pita blankets. We feel our stomachs rumbling already. We've got you covered!

WHAT WE SEND

- 1 can chickpeas
- 1 cucumber
- 1 carrot
- garlic (use 1 large cloves)
- 1 container yogurt ³
- garam masala (use 2 tsp)
- 2 Mediterranean pitas ^{4,5,2}

WHAT YOU NEED

- kosher salt & ground pepper
- egg ¹
- all-purpose flour ²
- neutral oil, such as vegetable

TOOLS

- fine-mesh sieve
- box grater or microplane
- potato masher or fork
- medium skillet

ALLERGENS

Egg (1), Wheat (2), Milk (3), Sesame (4), Soy (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 22g, Carbs 86g, Protein 27g



1. Prep ingredients

Drain and rinse **chickpeas**. Using the large holes of a box grater, coarsely grate **half of the cucumber** into a medium bowl (save rest for own use); place between paper towels to remove moisture. Coarsely grate **carrot** into a small bowl. Peel and finely grate **½ teaspoon garlic**.



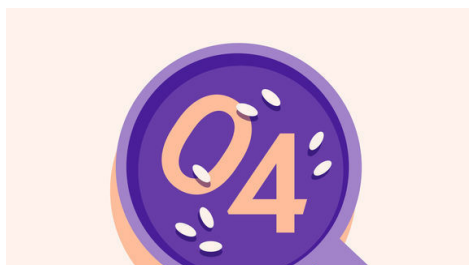
2. Make tzatziki

Add **yogurt** to **grated cucumber** and stir to combine; season to taste with **salt** and **pepper**. If **tzatziki** is too thick, stir in water, 1 teaspoon at a time, as needed.



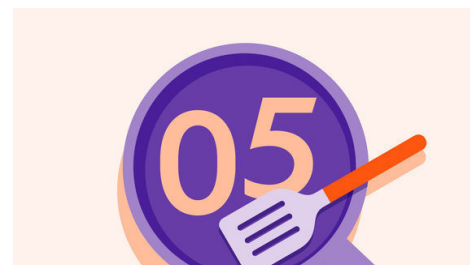
3. Mix & shape falafel

Transfer **chickpeas** and **grated garlic** to a medium bowl. Using a potato masher or fork, mash using a potato masher or fork, until chickpeas forms a coarse paste. Stir in **grated carrot**, **1 large egg**, **¼ cup flour**, **2 teaspoons of the garam masala**, **½ teaspoon salt**, and **a few grinds pepper**. Using moist hands, form mixture into 8 (2-inch) patties.



4. Toast pita

Lightly brush both sides of **pitas** with **oil**. Heat a medium skillet over medium. Add pitas to skillet 1 at a time, and toast until lightly golden and warmed through, about 1 minute per side. Wrap in foil to keep warm.



5. Fry falafel & serve

Heat **½ inch oil** in same skillet over medium-high until shimmering. Cook **falafel**, in batches, until golden brown, about 2 minutes per side. Transfer to a paper towel-lined plate; sprinkle with **salt**. Serve **pitas** topped with **carrot falafel**. Spoon **tzatziki** over top, and pass **remaining sauce** at the table, for dipping. Enjoy!



6. Add some green!

Toss spinach with a splash each lemon juice and olive oil along with a pinch each salt and pepper, to stuff into the pitas or serve alongside.