

Falafel Plate with Hummus

Freshly-cooked falafels take center stage in this combination platter of hummus, cucumbers, roasted red peppers, veggies, and Arcadian lettuce. It's simplicity at its best and on the table in just 15 minutes.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Falafel Mix

Lemon

Roasted Red Peppers

Arcadian Lettuce

Hummus

Cucumbers, Turnip &
Radish

Make the Meal Your Own

Enjoy this dish however you like. We dip the falafel and veggies into the hummus, but you could put them all together into a mixed salad or even serve in a pita. The choice is up to you.

Good to Know

Health snapshot per serving – 265 Calories, 12g Protein, 9g Fat, 8 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Garbanzo Beans, Cucumbers, Turnip, Arcadian Lettuce, Roasted Red Peppers, Onion, Radish, Breadcrumbs, Lemon, Garlic, Tahina, Parsley, Coriander, Cumin, Egg, Olive Oil, Baking Powder, Kosher Salt,

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1. Make the Falafel

Form the **Falafel Mix** into patties about 3" in diameter and ½" thick. You'll get about 4 per serving.

Slice the **Lemon** in half crosswise.

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is very hot, add the falafel patties and cook until the bottom is golden brown, about 3 minutes.

Add the lemon halves to the skillet, next to the falafel, cut side down.

Flip the falafels and cook until the other side is also golden brown, about 3 minutes more.

Turn off the heat and remove the falafels and lemons to a paper-towel-lined plate to rest.

2. Create the Plate

Drain any excess water from the **Roasted Red Peppers**.

Place the **Arcadian Lettuce** on serving plates, sprinkle with salt and pepper, and squeeze half the lemon over top. Add a scoop of **Hummus** in the center of each plate, surrounded by the falafel, **Cucumbers, Turnip & Radish** and roasted red peppers.

Squeeze additional lemon over top of the entire plate as desired and enjoy!

Instructions for two servings.

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