



Falafel Wraps & Roasted Garlic Yoghurt Dressing with Za'atar Sweet Potato Wedges

Classic 40 Minutes • Little Spice • 2 of your 5 a day • Veggie

19



Sweet Potato



Garlic Clove



Baby Gem Lettuce



Baby Plum Tomatoes



Mint



Falafel Mix



Za'atar Spice



Greek Yoghurt



Wholemeal Tortilla

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Chopping Board, Knife, Mixing Bowl, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Baby Gem Lettuce**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2 cloves	3 cloves	4 cloves
Falafel Mix 13	150g	225g	300g
Za'atar Spice	1 small pot	1 small pot	1 large pot
Water for the Falafel*	150ml	225ml	300ml
Greek Yoghurt 7 **	150g	225g	300g
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Wholemeal Tortilla 13	4	6	8

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	611g	100g
Energy (kJ/kcal)	3106 / 742	509 / 122
Fat (g)	22	4
Sat. Fat (g)	6	1
Carbohydrate (g)	144	24
Sugars (g)	27	4
Protein (g)	28	5
Salt (g)	4.72	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

Preheat your oven to 200C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop them on a low sided wide baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, spread out and set aside. Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Quarter the **baby plum tomatoes**. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



Make the Yoghurt

Put the **yoghurt** in a bowl, add 1 tbsp **water** per person and the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and stir together well. Once the **garlic** is roasted, carefully open the **parcel** (careful, it will be hot) mash the **garlic** with a fork. Add the **garlic** and any of its **oil** to the **yoghurt**. Stir to combine everything together then set aside.



Roast the Garlic

Once your oven is hot, roast the **sweet potatoes** on the top shelf until golden, 25-30 mins. Turn halfway through cooking. **Tip: Use two baking trays if necessary, you want the potatoes nicely spread out.** Meanwhile, peel the **garlic clove(s)**, pop into a square of foil with a drizzle of **oil** and scrunch to enclose it. Pop it onto the tray next to the **wedges** and roast until soft, 10-12 mins.



Fry the Falafel

Once the **falafel mixture** has thickened, shape into balls (4 per person) - popping them on a plate as you make them. **TIP: Wet your hands before shaping the falafels to prevent them from sticking to your hands.** Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **falafels** and cook, turning occasionally, until browned all over, 3-4 mins. Pop onto a baking tray and bake on the top shelf of your oven until firm and cooked through, 6-8 mins.



Start the Falafel

Pop the **falafel mixture** into a medium mixing bowl and add **half** the **za'atar**. Season with **salt** and **pepper** and add the **water** (see ingredients for amount.) Mix together until well combined then set aside for 3-4 mins (the mixture will thicken in this time).



Finish and Serve

Pop the **tortillas** (2 per person) into your oven to warm through for the last 2-3 mins of **potato** cooking time. Once everything is ready, spread a spoonful of **yoghurt dressing** on the bottom of each **wrap**. Add a handful of **lettuce** to each followed by some **tomatoes**. Pop **2 falafels** per **wrap** on top then drizzle on a little more **yoghurt**. Sprinkle over the **mint**. Fold up and pop on your plates. Sprinkle the remaining **za'tar** on the **sweet potato wedges** and serve them alongside your **wraps**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.