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Baked Falafel & Cucumber Salad

with Tahini Dressing



30-40min



4 Servings

Falafel is a flavorful chickpea patty that is typically fried and crispy, but always delicious. Our rendition does not require a large pot of oil—just a rimmed baking sheet to bake! Much healthier and certainly easier, these falafel are drizzled with a nutty and slightly sweet tahini sauce, and a cool cucumber salad for crunch. Cook, relax, and enjoy!

What we send

- cans chickpeas
- medium red onion
- fresh parsley
- large cloves garlic
- lemon
- ground cumin
- ground coriander
- packet honey
- Tuscan kale
- Persian cucumber

What you need

- 1 large egg ³
- coarse salt
- olive oil

Tools

- potato masher or fork
- rimmed baking sheet
- zester or microplane

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 540.0kcal, Fat 27.5g, Proteins 21.4g, Carbs 44.2g



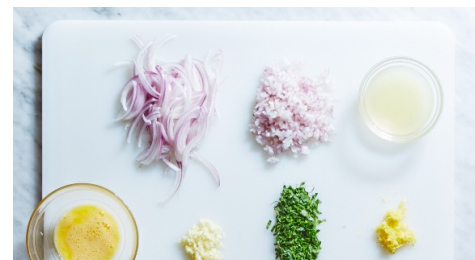
1. Prep falafel mix

Preheat oven to 425°F. Brush a rimmed baking sheet with 2 teaspoons **oil**. Drain **chickpeas**, reserving the liquid. In a medium bowl, mash **chickpeas** into a coarse paste with a potato masher or fork.



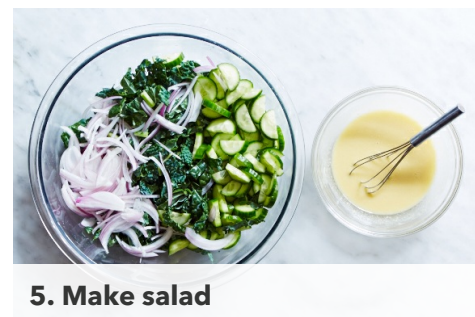
4. Form falafels

With lightly moistened hands, form scant ¼ cups **falafel mixture** into 16 mounds (about 1½ inches wide) and place on the prepared baking sheet. Press down gently on each **falafel** to slightly flatten. Brush tops of patties with 2 tablespoons **oil**. Bake until firm and dry to the touch, 22-25 minutes.



2. Prep ingredients

Finely chop **parsley leaves** and **stems**. Trim, halve, and peel **onion**. Finely chop half and thinly slice the other half. Peel and finely chop **garlic**. Zest and juice **lemon**. Lightly beat 1 **egg**.



5. Make salad

Meanwhile, remove stems from **kale** and cut leaves crosswise into ½-inch pieces. Slice **cucumber** in half lengthwise and thinly slice crosswise. In a large bowl, combine **kale**, **cucumber**, and **sliced onion**. In a medium bowl, whisk together **lemon juice**, **remaining garlic** and **tahini**, **1 teaspoon honey**, ¼ cup **oil**, and ½ teaspoon **salt**.



3. Make falafel mixture





To the bowl with the **chickpeas**, add **chopped parsley**, **chopped onion**, ½ of **the garlic**, **lemon zest**, 2 tablespoons **tahini**, **cumin**, **coriander**, beaten **egg**, ¼ cup **reserved chickpea liquid**, and 1 teaspoon **salt**. Mix well to combine.



6. Finish

Drizzle **half of the dressing** over salad and toss to coat. Divide salad between plates, lift **falafel patties** with a spatula onto salad, and drizzle **remaining dressing** over top. Enjoy!

Questions about the recipe? Cooking hotline: **866.228.4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**