



# Caesar-Style Falafel Tacos

with Parmesan & Caramelised Onion

Grab your Meal Kit with this symbol



Cucumber



Tomato



Cos Lettuce



Red Onion



Lemon



Spinach Falafel



Garlic Aioli



Grated Parmesan Cheese



Dijon Mustard



Mini Flour Tortillas

 Hands-on: **25-35** mins  
Ready in: **30-40** mins

Do the flavours of Caesar salad work in a taco? You bet they do! And since you're mixing cuisines anyway, why not add some falafel to the mix for a bit of oomph? It may sound a little crazy, but believe us, this combo was meant to be.

## Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
tomato	1	2
cos lettuce	½ head	1 head
red onion	2	4
lemon	½	1
spinach falafel	1 tub	2 tubs
balsamic vinegar*	2 tbs	½ cup
water*	1 tbs	2 tbs
brown sugar*	3 tsp	1½ tbs
garlic aioli	1 packet (50g)	1 packet (100g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
Dijon mustard	½ tub (7.5g)	1 tub (15g)
mini flour tortillas	6	12

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3293kJ (787Cal)	518kJ (123Cal)
Protein (g)	26.1g	4.1g
Fat, total (g)	51.1g	8g
- saturated (g)	6.1g	1g
Carbohydrate (g)	65.8g	10.3g
- sugars (g)	26g	4.1g
Sodium (mg)	1920mg	302mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Thinly slice the **cucumber** into batons. Thinly slice the **tomato** into half moons. Finely shred the **cos lettuce** (see ingredients list). Thinly slice the **red onion**. Slice the **lemon** (see ingredients list) into wedges. Use your hands to break each **spinach falafel** into quarters (don't worry if they crumble).



## 4. Cook the falafel

Wipe out the frying pan and return to a medium-high heat with enough **olive oil** to coat the base. Once the oil is hot, add the **falafels** and cook, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel. Season to taste.



## 2. Caramelize the onion

In a medium frying pan, heat a **drizzle of olive oil** over a medium heat. Add the **onion** and cook, stirring regularly until softened, **5-6 minutes**. Add the **balsamic vinegar, water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



## 5. Bring it all together

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through. In a medium bowl, add the **tomato, cos lettuce** and **1/2 the Caesar dressing**. Toss to combine.



## 3. Make the Caesar dressing

In a small bowl, combine the **garlic aioli, 1/2 the grated Parmesan cheese, Dijon mustard** (see ingredients list) and a **splash of water**. Season to taste.

**TIP:** If you don't like mustard, add a little at a time and taste as you go.



## 6. Serve up

Take everything to the table. Build your tacos by spreading some of the Caesar dressing over each tortilla. Top with the cos lettuce and tomato, cucumber, falafels and caramelised onion. Garnish with the remaining grated Parmesan. Serve with the lemon wedges.

**Enjoy!**