



# Caesar-Style Falafel Tacos

with Parmesan Cheese & Caramelised Onion

Grab your Meal Kit with this symbol



Cucumber



Tomato



Cos Lettuce



Red Onion



Lemon



Spinach Falafel



Garlic Aioli



Caesar Dressing



Grated Parmesan Cheese



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

Large 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	1	2
lemon	½	1
spinach falafel	1 tub	2 tubs
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	2 tsp	1 tbs
garlic aioli	1 packet (50g)	1 packet (100g)
Caesar dressing	1 packet (50g)	2 packets (100g)
grated Parmesan cheese	1 packet	2 packets
mini flour tortillas	6	12

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3557kJ (850Cal)	627kJ (149Cal)
Protein (g)	25.6g	4.5g
Fat, total (g)	61.2g	10.8g
- saturated (g)	7g	1.2g
Carbohydrate (g)	60.8g	10.7g
- sugars (g)	20.9g	3.7g
Sodium (mg)	2014mg	355mg

## 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.



## Get prepped

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



## Cook the falafel

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



## Caramelize the onion

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



## 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.



## Make the Caesar dressing

While the onion is cooking, combine the **garlic aioli**, **Caesar dressing**, 1/2 the **grated Parmesan cheese** and a splash of water in a small bowl. Season to taste.



## Serve up

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

Enjoy!