



# Chipotle Falafel Tacos

with Spiced Chips and Baby Gem & Tomato Salad

**Classic** 35-40 Minutes • **Medium Spice** • 2 of your 5 a day • Veggie

46



Potatoes



Mexican Style Spice Mix



Garlic Clove



Baby Gem Lettuce



Medium Tomato



Lime



Greek Style Natural Yoghurt



Chipotle Paste



Ready to Eat Falafels



Plain Taco Tortillas



Greek Style Salad Cheese

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil, Mayonnaise



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Baking tray, aluminium foil, bowl, kitchen scissors and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Garlic Clove**	3	5	6
Baby Gem Lettuce**	1	1½	2
Medium Tomato	1	1½	2
Lime**	1	1½	2
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Chipotle Paste	20g	30g	40g
Ready to Eat Falafels**	171g	266g	342g
Plain Taco Tortillas 13)	4	6	8
Greek Style Salad Cheese** 7)	50g	75g	100g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	612g	100g
Energy (kJ/kcal)	3399/812	555/133
Fat (g)	32.7	5.3
Sat. Fat (g)	9.0	1.5
Carbohydrate (g)	106.3	17.4
Sugars (g)	16.4	2.7
Protein (g)	21.5	3.5
Salt (g)	2.84	0.46

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

♻️ You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Sprinkle with the **Mexican style spice mix**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

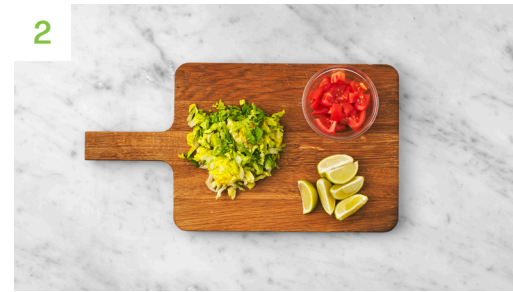
When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Fry the Falafels

When the **chips** are nearly ready, put a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan.

Once hot, carefully add the **falafels** to the pan and reduce the heat to medium-high. Cook until golden, 2-4 mins. Adjust the heat as necessary.



## Prep the Veg

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **parcel** until soft, 10-12 mins.

Trim the **baby gem**, halve lengthways, then thinly slice. Cut the **tomato** into 1cm chunks. Cut the **lime** into wedges.



## Finishing Touches

Pop the **tortillas** (2 per person) into the oven to warm through, 1-2 mins.

Once the **falafels** are cooked, slice them in half.

Add the **lettuce** and **tomato** to the bowl of **lime dressing**. Toss to evenly coat.

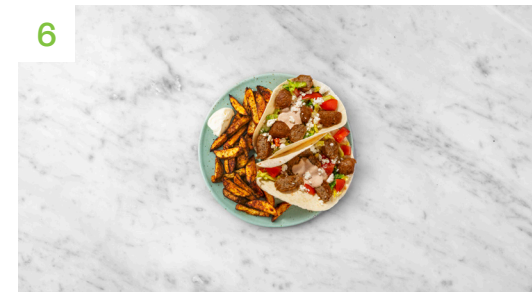


## Mix Things Up

In a large bowl, combine **half** the **lime juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Set aside.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In a small bowl, combine the **roasted garlic** with the **yoghurt** and **chipotle paste** (add less if you'd prefer things milder). Set aside.



## Serve Up

Top your **tortillas** with the **baby gem & tomato salad**, followed by the **falafels**. Spoon over the **chipotle yoghurt** and crumble over the **Greek style salad cheese**.

Serve with the **chips** on the side with the **mayonnaise** (see pantry for amount) for dipping.

## Enjoy!