



Falafel Pita

with Feta, Tzatziki & Harissa Carrot Fries

2 <OR> 4 SERVINGS

-  4 | 8 oz Falafel Mix
-  2 | 4 Pocketless Pitaa
-  12 | 24 oz Carrots
-  1 | 2 Persian Cucumber
-  2 | 4 cloves Garlic
-  1 | 2 Lemon
-  1 1/2 | 3 oz Feta Cheese
-  1/2 | 1 cup Tzatziki¹
-  1 1/2 | 3 Tbsp Red Harissa Paste

CUSTOMIZED OPTIONS:

-  10 | 20 oz Boneless Chicken Breast Pieces

Blue Apron x  Baked by Melissa



We're partnering with **Melissa Ben-Ishay** on an exclusive selection of meals that embody her philosophy of balanced, approachable eating. (And cupcakes, duh.)



Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS

Large Nonstick Pan
Sheet Pan
Knife
Cutting Board

FROM YOUR PANTRY

Olive Oil
Neutral Cooking Oil (optional)
Salt
Pepper

Chef's Note

FEATURED INGREDIENT

Falafel—a beloved Middle Eastern street food made from ground chickpeas and spices—can easily be made at home with our new falafel mix, which you'll shape and shallow fry to achieve a crunchy, creamy texture. Let the falafel mixture fully absorb the water before cooking to ensure they hold together in the pan!



¹. cucumber-yogurt sauce
Ingredients may be replaced and quantities may vary.

To view this recipe's full nutrition information, navigate to the orders tab in the Blue Apron app or at blueapron.com and select the recipe, then click on NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. Food safety handling information: blueapron.com/food-safety

SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Blue Apron, LLC,
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1. Prepare & roast the carrots

- ☐ Preheat the oven to 450°F.
- ☐ Line a sheet pan with foil.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the **carrots**; halve crosswise, then quarter lengthwise.
- ☐ Place in a bowl. Drizzle with **olive oil** and season with salt, pepper, and **half the harissa paste**. Toss to coat.
- ☐ Transfer to the sheet pan and arrange in an even layer.
- ☐ Roast 17 to 19 minutes, or until browned and tender when pierced with a fork.
- ☐ Remove from the oven.



Air Fryer: Cook the carrots at 390°F for 9 to 12 minutes.

2. Prepare the remaining ingredients

- ☐ Meanwhile, in a medium bowl, combine the **falafel mix** and **½ cup of water**. Set aside to rest, without stirring, at least 10 minutes, or until the water is absorbed.
- ☐ Halve the **cucumber(s)** lengthwise, then thinly slice crosswise.
- ☐ Quarter and deseed the **lemon(s)**.
- ☐ Peel **2 cloves of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- ☐ In a bowl, combine the **sliced cucumber(s)**, **the juice of 2 lemon wedges**, a drizzle of **olive oil**, and **as much of the garlic paste as you'd like**; season with salt and pepper. Stir to combine. Set aside to marinate, stirring occasionally.



Look for customized instructions before the next step!

3. Form & cook the falafel

- ☐ Once the **falafel mixture** has absorbed the water, add the **feta** (crumbling before adding); stir to combine.
- ☐ Form the **falafel mixture** into **6 equal-sized patties**.
- ☐ In a large nonstick pan, heat a thin layer of oil on medium.
- ☐ Once the oil is hot enough that a pinch of falafel sizzles immediately when added, add the **falafel patties** in an even layer. Cook 3 to 4 minutes per side, or until golden brown and heated through (if the pan seems dry, add a drizzle of oil before flipping).
- ☐ Transfer to a paper towel-lined plate; immediately season with salt.



4. Finish & serve your dish

- ☐ Meanwhile, if using the microwave, wrap the **pitas** in a damp paper towel. Microwave on high 30 seconds to 1 minute, or until heated through and pliable.
- ☐ If using the oven, wrap the **pitas** in foil and place directly onto an oven rack; warm 7 to 9 minutes, or until heated through and pliable.
- ☐ Transfer to a work surface and carefully unwrap.
- ☐ Spread the **tzatziki** onto the **warmed pitas**; top with the **cooked falafel**, **marinated cucumber(s)**, and **remaining harissa paste**.
- ☐ Serve the **finished pitas** with the **roasted carrots**. Serve the **remaining lemon wedges** on the side. Enjoy!



Customized Step

CHICKEN

ADDITIONAL STEP:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper.
- ☐ In a large nonstick pan, heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- ☐ Transfer to a plate. Cover with foil to keep warm.
- ☐ Rinse and wipe out the pan.
- ☐ Use the same pan to cook the falafel.

DISH by Blue Apron is back!

Ready as little
as 5 minutes

20 grams of
protein or more

No artificial
colors or flavors

