

## Mediterranean Veggie Heaven Bowl

**2 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30**

Farmhouse Kitchen Brown Rice Tabbouleh, room temperature  
Farmhouse Kitchen Falafel, thawed  
Farmhouse Kitchen Carrot Hummus, stored in fridge until ready to serve  
Farmhouse Kitchen Lemony-Yogurt Dressing, stirred well before use  
Arugula, washed  
Mint, leaves picked and washed  
Olive or Vegetable Oil  
All Purpose Flour or Gluten Free Flour  
Salt and Pepper

**STEP 1** Prepare arugula and mint salad: Tear the washed arugula into bite size pieces. Place in a mixing bowl. Roughly chop washed mint leaves. Add to arugula and combine. Add ½ tsp salt and pepper. Toss with lemony-yogurt dressing. Store in fridge until ready to serve.

**STEP 2** add ¼ cup of all-purpose or gluten free flour to a clean plate. Lightly dust your hands with the flour and form 4 falafel patties, about 3” wide and ½ thick. The flour will help you shape the patties and keep them from sticking to your hands. Lightly coat the patties in flour by gently pressing them into the floured plate. Set them aside on the plate until ready to fry.

**STEP 3** Add ¼ cup of oil to a skillet and place over medium-high heat. When oil is hot, dust off excess flour and carefully add the patties to the skillet. The patties should immediately sizzle and gradually become golden brown, but not burn. Shallow fry the patties for 3-4 minutes on each side or until a golden crust forms. Add 2-3 tbsp. more oil and adjust heat lower or higher, as needed. Transfer the patties to a paper towel lined plate to absorb excess oil until ready to assemble veggie heaven bowl. Season with salt and pepper to taste, set aside.

**STEP 4** Assemble bowls. Scoop a portion of brown rice tabbouleh to the side of a bowl. Add arugula-mint salad to other side of bowl. Top tabbouleh with falafel. Serve with a side of carrot hummus for dipping.

Enjoy!

## Mediterranean Veggie Heaven Bowl

**4 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30**

Farmhouse Kitchen Brown Rice Tabbouleh, room temperature  
Farmhouse Kitchen Falafel, thawed  
Farmhouse Kitchen Carrot Hummus, stored in fridge until ready to serve  
Farmhouse Kitchen Lemony-Yogurt Dressing, stirred well before use  
Arugula, washed  
Mint, leaves picked and washed  
Olive or Vegetable Oil  
All Purpose Flour or Gluten Free Flour  
Salt and Pepper

**STEP 1** Prepare arugula and mint salad: Tear the washed arugula into bite size pieces. Place in a mixing bowl. Roughly chop washed mint leaves. Add to arugula and combine. Add 1 tsp salt and pepper Toss with lemony-yogurt dressing. Store in fridge until ready to serve.

**STEP 2** add ½ cup of all-purpose or gluten free flour to a clean plate. Lightly dust your hands with the flour and form 8 falafel patties, about 3” wide and ½” thick. The flour will help you shape the patties and keep them from sticking to your hands. Lightly coat the patties in flour by gently pressing them into the floured plate. Set them aside on the plate until ready to fry.

**STEP 3** Add ½ cup of oil to a skillet and place over medium-high heat. When oil is hot, dust off excess flour and carefully add the patties to the skillet. The patties should immediately sizzle and gradually become golden brown, but not burn. Shallow fry the patties for 3-4 minutes on each side or until a golden crust forms. Add 2-3 tbsp. more oil and adjust heat lower or higher, as needed. Transfer the patties to a paper towel lined plate to absorb excess oil until ready to assemble veggie heaven bowl. Season with salt and pepper to taste, set aside. (NOTE: You may need to fry falafel in batches)

**STEP 4** Assemble bowls. Scoop a portion of brown rice tabbouleh to the side of a bowl. Add arugula-mint salad to other side of bowl. Top tabbouleh with falafel. Serve with a side of carrot hummus for dipping.

Enjoy!

## **STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS**

Brown Rice Tabbouleh - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: Gulf Pacific brown rice, onion, Village Farms cherry tomatoes, Patty's Herbs parsley, garlic, G & S Groves limes, za'atar spice)

Black Eyed Pea Falafel - If using within 3 days, store in the refrigerator. Otherwise, freeze up to 1 month and use within 36 hours of thawing. (Ingredients: Gundermann Acres black eyed peas, AustiNuts pecans, garlic, cumin, Patty's Herbs parsley, Homestead Gristmill cornmeal, baking powder, salt and pepper)

Carrot Hummus- Store in the refrigerator. Use within 5 days. (Ingredients: carrots, Gundermann Acres pinto beans, lemon juice, garlic, tahini, Texas Olive Ranch extra virgin olive oil, salt)

Lemony - Yogurt Dressing- Store in the refrigerator. Use within 5 days. (Ingredients: White Mountain Greek yogurt, lemon juice, Patty's Herbs parsley, garlic, Texas Olive Ranch extra virgin olive oil, salt and, pepper)

Arugula - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Mint- Trim stems, store upright in a small glass of water and cover leaves with a small plastic bag. Store in the refrigerator, use within 5 days.

**\*Contains dairy and, nut containing ingredients.**

**\*\*Not made with gluten, egg, peanuts fish or shellfish containing ingredients.**

**\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**