



Apricot-Glazed Falafels & Chermoula Veggies

with Almond Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Beetroot



Chermoula Spice Blend



Carrot



Cucumber



Roasted Almonds



Falafel Mix



Fine Breadcrumbs



Apricot Sauce



Mixed Salad Leaves



Garlic Dip



Shredded Cheddar Cheese

Prep in: 25-35 mins
Ready in: 30-40 mins



Plant Based*

*Custom Recipe is not Plant Based

Make friends with plant-based ingredients by teaming hearty falafels with some stellar sides: chermoula roasted veggies, a crunchy salad and a garlic dip so flavourful, you'll want to add it to everything.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beetroot	1	2
chermoula spice blend	1 sachet	1 sachet
carrot	½	1
cucumber	1 (medium)	1 (large)
roasted almonds	1 packet	2 packets
falafel mix	1 packet	2 packets
fine breadcrumbs	½ packet	1 packet
apricot sauce	¼ packet	½ packet
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3903kJ (933Cal)	620kJ (148Cal)
Protein (g)	23.8g	3.8g
Fat, total (g)	53.9g	8.6g
- saturated (g)	6g	1g
Carbohydrate (g)	86.5g	13.7g
- sugars (g)	28.7g	4.6g
Sodium (mg)	1434mg	228mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4261kJ (1018Cal)	656kJ (157Cal)
Protein (g)	28.4g	4.4g
Fat, total (g)	61.4g	9.5g
- saturated (g)	10.5g	1.6g
Carbohydrate (g)	86.5g	13.3g
- sugars (g)	28.7g	4.4g
Sodium (mg)	1572mg	242mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW29

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and season with **salt**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

Custom Recipe: If you've added shredded Cheddar cheese, in the last 5 minutes of cook time, remove tray from oven, sprinkle veggies with shredded Cheddar cheese and bake until golden and crisp.

4



Cook the falafels

- Heat a large frying pan over medium-high heat with **olive oil** (¼ cup for 2 people / ½ cup for 4 people). When oil is hot, cook **falafels**, turning, until browned and heated through, **5-7 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **apricot sauce** (**see ingredients**) and toss **falafels** to coat.

TIP: Ensuring the oil in the pan is hot before cooking gives the falafels a crispy texture and prevents them from sticking.

2



Get prepped

- Meanwhile, grate **carrot** (**see ingredients**). Thinly slice **cucumber** into rounds. Roughly chop **roasted almonds**.

5



Toss the salad

- In a second medium bowl, combine **mixed salad leaves**, **cucumber**, **almonds** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

3



Prep the falafels

- In a medium bowl, combine **carrot**, **falafel mix**, **fine breadcrumbs** (**see ingredients**) and a pinch of **salt**.
- Using damp hands, roll and press heaped tablespoons of **falafel mix** into small balls (4-5 per person). Transfer to a plate.

6



Serve up

- Divide apricot-glazed falafels, chermoula veggies and almond salad between plates.
- Serve with **garlic dip**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate