



Apricot-Glazed Falafel Nourish Plate

with Roasted Veggies, Slaw, Pine Nuts & Garlic Dip

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Carrot



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Shredded Cabbage Mix



Pine Nuts



Falafel Mix



Fine Breadcrumbs



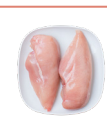
Apricot Sauce



Baby Spinach Leaves



Garlic Dip



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Calorie Smart*
Plant Based*



*Custom Recipe is not Plant Based or Calorie Smart



Eat Me Early*

*Custom Recipe only

Make friends with plant-based ingredients by teaming hearty falafels with some stellar sides: chermoula roasted veggies, a crunchy slaw 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
carrot	1	2
peeled pumpkin pieces	1 bag (200g)	1 bag (400g)
garlic & herb seasoning	1 sachet	1 sachet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
pine nuts	1 packet	2 packets
falafel mix	1 packet	2 packets
fine breadcrumbs	½ packet	1 packet
apricot sauce	½ packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
garlic dip	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2154kJ (515Cal)	506kJ (121Cal)
Protein (g)	17.4g	4.1g
Fat, total (g)	23.1g	5.4g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	56.7g	13.3g
- sugars (g)	16.6g	3.9g
Sodium (mg)	1398mg	328mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2899kJ (693Cal)	495kJ (118Cal)
Protein (g)	50.6g	8.6g
Fat, total (g)	28.4g	4.8g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	57.5g	9.8g
- sugars (g)	16.7g	2.9g
Sodium (mg)	1497mg	256mg

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 | CW33



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Finely grate half the **carrot** and cut the remaining **carrot** into bite-sized chunks.
- Place chopped **carrot** and **peeled pumpkin pieces** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil** and toss to coat. Spread out evenly.
- Roast until tender, **20-25 minutes**.



Cook the falafels

- When the veggies have **15 minutes** remaining, return frying pan to medium-high heat and add **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).
- Transfer **falafels** to a bowl, 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.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks. Before cooking falafels, return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate, then continue with step.



Get prepped

- Meanwhile, combine **shredded cabbage mix**, a drizzle of **white wine vinegar** and a good pinch of **sugar** and **salt** in a medium bowl. Set aside.
- Heat a large frying pan over medium-high heat. Toast **pine nuts**, tossing, until golden, **2-5 minutes**. Transfer to a bowl.



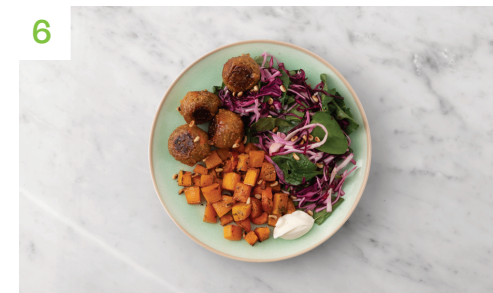
Toss the slaw

- To the **cabbage**, add **baby spinach leaves** and a drizzle of **olive oil**. Toss to combine.



Make the falafels

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



Serve up

- Divide roasted veggies, slaw and apricot-glazed falafels between plates.
- Dollop with **garlic dip** and garnish with toasted pine nuts to serve. Enjoy!

Custom Recipe: Top with chicken to serve.

Rate your recipe

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