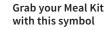
# Crispy Spiced Falafels & Baked Fries with Radish Salad, Plant-Based Mayo & Beetroot Relish

CLIMATE SUPERSTAR















Aussie Spice







Mixed Salad



Leaves



Plant-Based Mayo



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

Plant Based\*

\*Custom Recipe is not Plant Based



Make friends with plant-based ingredients by teaming ready-to-cook falafel with some stellar sides: hand cut fries, beetroot relish and a plant-based mayo perfect for dipping.



Olive Oil, Vinegar (White Wine or Balsamic)

**Pantry items** 

## 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  $\cdot$  Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
radish	2	3
apple	1	2
falafel mix	1 packet	2 packets
Aussie spice blend	1 sachet	1 sachet
fine breadcrumbs	½ medium packet	1 medium packet
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets
plant-based mayo	1 medium packet	1 large packet
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1998kJ (478Cal)	436kJ (104Cal)
Protein (g)	17.6g	3.8g
Fat, total (g)	9.3g	2g
- saturated (g)	0.9g	0.2g
Carbohydrate (g)	79.3g	17.3g
- sugars (g)	24.9g	5.4g
Sodium (mg)	1526mg	333mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2356kJ (563Cal)	493kJ (118Cal)
Protein (g)	22.2g	4.6g
Fat, total (g)	16.8g	3.5g
- saturated (g)	5.4g	1.1g
Carbohydrate (g)	79.3g	16.6g
- sugars (g)	24.9g	5.2g
Sodium (mg)	1665mg	348mg

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.



#### Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into fries, then place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until tender,
  20-25 minutes.

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



## Get prepped

• Meanwhile, thinly slice radish and apple.



## Prep the falafels

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



## 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).
- Transfer to a paper towel-lined plate.

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



## Toss the salad

 While the falafels are cooking, combine mixed salad leaves, radish, apple and a drizzle of vinegar and olive oil in a second medium bowl.
 Season to taste.



## Serve up

- Divide spiced falafels, radish salad and potato fries between plates.
- Top with beetroot relish and serve with plant-based mayo. Enjoy!



