



# Crispy Spiced Falafels & Baked Fries

with Radish Salad, Plant-Based Mayo & Beetroot Relish

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Radish



Apple



Falafel Mix



Aussie Spice Blend



Fine Breadcrumbs



Mixed Salad Leaves



Beetroot Relish



Plant-Based Mayo



Shredded Cheddar Cheese

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

Calorie Smart



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.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	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
<b>vinegar*</b> (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** (40g)	1 packet	1 packet (80g)

\*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](https://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 | CW35



## 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.



## 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.



## Get prepped

- Meanwhile, thinly slice **radish** and **apple**.



## 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.



## 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.



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)