



Apricot-Glazed Falafels & Chermoula Rice Bowl

with Radish Salsa & Plant-Based Mayo

Grab your Meal Kit with this symbol



Garlic



Chermoula Spice Blend



Basmati Rice



Radish



Baby Spinach Leaves



Carrot



Falafel Mix



Fine Breadcrumbs



Apricot Sauce



Plant-Based Mayo



Diced Chicken

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



Plant Based[^]
[^]Custom Recipe is not Plant Based



Eat Me Early*
*Custom Recipe only

Make friends with the fluffiest falafels because tonight they are being oh-so sweet glazed in an apricot sauce. They will welcome you to the table with a specially spiced chermoula rice and send you home feeling full and happy. We think this may be a long friendship.

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

Pantry items

Olive Oil, Plant-Based Butter, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
plant-based butter*	20g	40g
chermoula spice blend	1 medium sachet	1 large sachet
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
radish	2	3
baby spinach leaves	1 small bag	1 medium bag
carrot	½	1
falafel mix	1 packet	2 packets
fine breadcrumbs	½ medium packet	1 medium packet
apricot sauce	½ packet	1 packet
white wine vinegar*	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet
diced chicken**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2960kJ (707Cal)	897kJ (214Cal)
Protein (g)	18.6g	5.6g
Fat, total (g)	22.9g	6.9g
- saturated (g)	7.1g	2.2g
Carbohydrate (g)	103.3g	31.3g
- sugars (g)	8.7g	2.6g
Sodium (mg)	1651mg	500mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3617kJ (864Cal)	753kJ (180Cal)
Protein (g)	52g	10.8g
Fat, total (g)	25.3g	5.3g
- saturated (g)	7.9g	1.6g
Carbohydrate (g)	103.3g	21.5g
- sugars (g)	8.7g	1.8g
Sodium (mg)	1712mg	357mg

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

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1



Cook the chermoula rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook **garlic** and **chermoula spice blend** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and the **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Cook the falafels

- Heat a large frying pan over medium-high heat with some **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**.
- Remove pan from heat, then add **apricot sauce** (**see ingredients**) and toss **falafels** to coat.

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

Custom Recipe: If you've added diced chicken to your meal, cook chicken before falafel. Heat the frying pan over high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl. Continue with step.

2



Get prepped

- Meanwhile, thinly slice **radish** (or finely chop). Roughly chop **baby spinach leaves**. Grate the **carrot** (**see ingredients**).

5



Make the salsa

- In a second medium bowl, combine **radish**, **baby spinach** 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** 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.

6



Serve up

- Divide chermoula-spiced rice between bowls.
- Top with apricot-glazed falafels and radish salsa.
- Dollop with **plant-based mayo** to serve. Enjoy!

Custom Recipe: Top rice with chicken along with falafels and radish salsa.

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