

Turkish-Style Falafels & Zesty Fries

with Pistachio Salad & Garlic Dip

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Zesty Chilli Salt



Tomato



Carrot



Cucumber



Falafel Mix



Fine Breadcrumbs



Pistachios




Spinach & Rocket Mix



Garlic Dip

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

 Plant Based

Make friends with plant-based ingredients by teaming crisp falafels with some stellar sides: hand cut zesty fries, pistachio salad, and a garlic dip that tastes good with everything.

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
zesty chilli salt	½ sachet	1 sachet
tomato	1	2
carrot	½	1
cucumber	1 (medium)	1 (large)
falafel mix	1 packet	2 packets
fine breadcrumbs	½ medium packet	1 medium packet
pistachios	1 packet	2 packets
spinach & rocket mix	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
garlic dip	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3173kJ (758Cal)	569kJ (136Cal)
Protein (g)	20.7g	3.7g
Fat, total (g)	41.2g	7.4g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	75.4g	13.5g
- sugars (g)	17.1g	3.1g
Sodium (mg)	1118mg	200mg

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.

1



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. Bake until tender, **20-25 minutes**.
- When the fries are done, remove tray from the oven and sprinkle over a pinch of **zesty chilli salt (see ingredients)**. Toss **fries** to coat.

2



Get prepped

- Slice **tomato** into wedges. Finely grate **carrot (see ingredients)**. Roughly chop **cucumber**.
- In a medium bowl, combine **carrot, falafel mix and fine breadcrumbs (see ingredients)**.

3



Toast the pistachios

- Roughly chop **pistachios**.
- Heat a large frying pan over medium-high heat. Toast **pistachios** until golden, **3-5 minutes**. Transfer to a bowl and set aside.

4

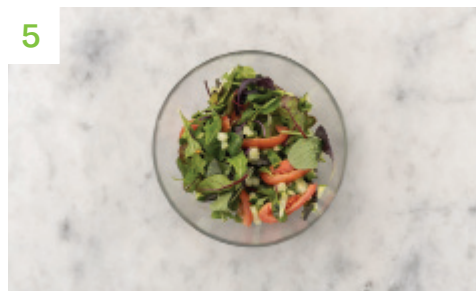


Cook the falafel

- Using damp hands, roll and press heaped tablespoons of **falafel mix** into small balls (4-5 per person). Transfer to a plate.
- Return the frying pan to 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.

5



Toss the salad

- In a large bowl, combine **spinach & rocket mix, tomato, cucumber** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

6



Serve up

- Divide falafels, zesty fries and salad between plates.
- Dollop with **garlic dip**. Sprinkle toasted pistachios over the salad to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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