

Turkish-Style Falafels & Zesty Fries

with Green Beans, Pistachio Salad & Garlic Dip

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Tomato



Carrot



Cucumber



Green Beans



Falafel Mix



Fine Breadcrumbs



Pistachios



Zesty Chilli Salt



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 sumac fries, pistachio salad, and a tzatziki-style garlic sauce that doubles as a salad dressing.

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
tomato	1	2
carrot	½	1
cucumber	1 (medium)	1 (large)
green beans	1 bag (100g)	1 bag (200g)
falafel mix	1 packet	2 packets
fine breadcrumbs	½ medium packet	1 medium packet
pistachios	1 packet	2 packets
zesty chilli salt	½ sachet	1 sachet
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)	3226kJ (771Cal)	531kJ (126Cal)
Protein (g)	21.6g	3.6g
Fat, total (g)	41.2g	6.8g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	77g	12.7g
- sugars (g)	18.4g	3g
Sodium (mg)	1118mg	184mg

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.

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.

2



Get prepped

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

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.

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.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans**, tossing, until tender, **4-5 minutes**. Transfer to a plate. Season to taste.

6



Serve up

- Divide falafels, zesty fries, green beans 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



2023 | CW40

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate