

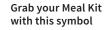
# Nourishing Falafel & Carrot Couscous Bowl

with Plant-Based Basil Pesto & Garlic Sauce

MEAT-FREE MARVELS

**EXPLORER** 

**CLIMATE SUPERSTAR** 









Cucumber



Roasted Almonds





Carrot



Vegetable Stock Powder





Falafel Mix



Fine Breadcrumbs



Turkish Sumac



Seasoning



Plant-Based **Basil Pesto** 



Prep in: 30-40 mins Ready in: 35-45 mins



When a wholesome, nutritious and 'meat-free' marvellous dinner tastes as good as this one, it's easy to do your body a favour. Tuck in and let the refreshing carrot couscous, warm falafel and moreish plant-based pesto take you to a state of bliss.

### **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  $\cdot$  Large frying pan

# Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
radish	2	3		
cucumber	1 (medium)	1 (large)		
garlic	2 cloves	4 cloves		
roasted almonds	1 packet	2 packets		
carrot	1	2		
garlic dip	1 medium packet	1 large packet		
plant-based butter*	20g	40g		
vegetable stock powder	1 medium sachet	1 large sachet		
water*	3⁄4 cup	1½ cups		
couscous	1 packet	1 packet		
falafel mix	1 packet	2 packets		
fine breadcrumbs	½ packet	1 packet		
Turkish sumac seasoning	1 sachet	2 sachets		
baby spinach leaves	1 small bag	1 medium bag		
white wine vinegar*	drizzle	drizzle		
plant-based basil pesto	1 packet (50g)	1 packet (100g)		
haloumi/ grill cheese**	1 packet	2 packets		
+ n				

\*Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3628kJ (867Cal)	832kJ (199Cal)
Protein (g)	26.2g	6g
Fat, total (g)	47.9g	11g
- saturated (g)	8.8g	2g
Carbohydrate (g)	80.6g	18.5g
- sugars (g)	8.5g	2g
Sodium (mg)	1668mg	383mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4957kJ (1185Cal)	925kJ (221Cal)
Protein (g)	48.2g	9g
Fat, total (g)	72.9g	13.6g
- saturated (g)	25.4g	4.7g
Carbohydrate (g)	82.3g	15.4g
- sugars (g)	9.7g	1.8g
Sodium (mg)	2668mg	498mg

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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# Get prepped

- Thinly slice radish. Thinly slice cucumber into half-moons. Finely chop garlic. Roughly chop roasted almonds. Grate the carrot.
- In a small bowl, combine **garlic dip**, a splash of **water** and a pinch of **salt** and **pepper**. Set aside.

**Custom Recipe:** If you've added haloumi, cut haloumi into 1cm slices.



## Cook the couscous

- In a medium saucepan, heat a drizzle of olive oil over medium-high heat. Cook garlic, the plant-based butter and half the carrot, stirring, until softened. 2-3 minutes.
- Add vegetable stock powder and the water and bring to the boil.
- Add couscous and stir to combine. Cover with a lid and remove from heat. Set aside until all the water has absorbed, 5 minutes. Fluff up with a fork.



## Make the falafels

- In a medium bowl, combine falafel mix, fine breadcrumbs (see ingredients), Turkish sumac seasoning and the remaining carrot.
- 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

In a large frying pan, heat olive oil (¼ cup for 2 people / ½ cup for 4 people) over medium-high heat. 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.

Custom Recipe: Before cooking the falafels, heat the frying pan over medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side. Transfer to a plate. Continue as above.



# Bring it all together

- Add baby spinach leaves to the couscous and stir to combine.
- In a second medium bowl, combine radish, cucumber, a pinch of salt and a drizzle of white wine vinegar and olive oil.



# Serve up

- Divide carrot couscous and radish salad between bowls. Top with falafels and drizzle with garlic
  sauce.
- Dollop over **plant-based basil pesto**. Garnish with almonds to serve. Enjoy!

Custom Recipe: Top with haloumi to serve.



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