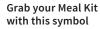


Crispy Spiced Falafels & Baked Fries with Radish Salad, Plant-Based Mayo & Beetroot Relish





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

0

Plant Based*

Calorie Smart* *Custom Recipe is not Plant Based or Calorie Smart 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.

Olive Oil, Vinegar (White Wine or

Balsamić)

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	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
vinegar* (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 packet	2 packets
plant-based mayo	1 medium packet	1 large packet
haloumi/grill cheese**	1 packet	2 packets

*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)	3327kJ (795Cal)	596kJ (142Cal)
Protein (g)	39.6g	7.1g
Fat, total (g)	34.3g	6.1g
- saturated (g)	17.6g	3.2g
Carbohydrate (g)	81g	14.5g
- sugars (g)	26.1g	4.7g
Sodium (mg)	2526mg	453mg

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.



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**.



Get prepped

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

Custom Recipe: If you've added haloumi, cut haloumi into bite-sized chunks.



Prep the falafels

- While the fries are baking, combine falafel mix, Aussie spice blend and fine breadcrumbs (see ingredients) in a medium bowl.
- 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

- Heat a large frying pan over medium-high heat with **olive oil** (1/4 cup for 2 people / 1/2 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.

Custom Recipe: Cook haloumi before falafels. In a large frying pan, heat a generous drizzle of olive oil over medium-high heat. When oil is hot, cook haloumi, tossing occasionally, until golden brown, 2-4 minutes. Transfer to a paper towellined plate. Continue as above.



Toss the salad

 In a second medium bowl, combine mixed salad leaves, radish, apple and a drizzle of vinegar and olive oil. Season to taste.



Serve up

- Divide spiced falafels, radish salad and baked fries between plates.
- Top with beetroot relish and serve with plantbased mayo. Enjoy!

Custom Recipe: Top with haloumi to serve.

Rate your recipe Did we make your tastebuds happy?

Did we make your tastebuds happy? Let our culinary team know: **hellofresh.co.nz/rate**