

# Crispy Spiced Falafels & Baked Fries

with Radish Salad, Plant-Based Mayo & Beetroot Relish

Grab your Meal Kit with this symbol



Potato



Radish



Apple



Falafel Mix



Aussie Spice Blend



Fine Breadcrumbs



Mixed Salad Leaves



Beetroot Relish



Plant-Based Mayo



Haloumi/  
Grill Cheese

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



Calorie Smart\*

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



Plant Based\*

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.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## 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
<b>olive oil*</b>	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
<b>vinegar*</b> (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](https://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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## 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**.



## Cook the falafels

- Heat a large frying pan over 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.

**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 towel-lined plate. Continue as above.



## Get prepped

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

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



## 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.



## 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.



## Serve up

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

**Custom Recipe:** Top with haloumi to serve.

## Rate your recipe

Did we make your tastebuds happy?

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