



Mediterranean Falafel & Feta Sub

with Cucumber, Capsicum Relish & Aioli

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Cucumber



Carrot



Garlic



Falafel Mix



Fine Breadcrumbs



Wholemeal Panini



Mixed Salad Leaves



Chargrilled Capsicum Relish



Garlic Aioli



Cow's Milk Feta



Cow's Milk Feta

Prep in: 25-35 mins
Ready in: 30-40 mins

Pack in the flavours of the Mediterranean into a toasted panini sub so you can get a taste of everything all at once! We're adding falafels with chargrilled capsicum relish and creamy feta crumbled over. The garlic aioli is a must for fragrance and finishing with a side of fries, you can never go wrong.

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

Pantry items

Olive Oil, 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

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
cucumber	1 (medium)	1 (large)
carrot	½	1
garlic	2 cloves	4 cloves
butter*	30g	60g
falafel mix	1 packet	2 packets
fine breadcrumbs	½ medium packet	1 medium packet
wholemeal panini	2	4
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)
garlic aioli	1 medium packet	1 large packet
cow's milk feta	½ packet (95g)	1 packet (190g)
cow's milk feta**	½ packet (95g)	1 packet (190g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3899kJ (932Cal)	602kJ (144Cal)
Protein (g)	35.9g	5.5g
Fat, total (g)	44.9g	6.9g
- saturated (g)	22.1g	3.4g
Carbohydrate (g)	95.1g	14.7g
- sugars (g)	25.3g	3.9g
Sodium (mg)	2436mg	376mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4811kJ (1150Cal)	648kJ (155Cal)
Protein (g)	49g	6.6g
Fat, total (g)	63.1g	8.5g
- saturated (g)	34.3g	4.6g
Carbohydrate (g)	95.1g	12.8g
- sugars (g)	25.3g	3.4g
Sodium (mg)	3481mg	469mg

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

2024 | CW04



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

4



Cook the falafel

- 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.

2



Get prepped

- Meanwhile, thinly slice **cucumber** into rounds. Finely grate **carrot** (see ingredients). Finely chop **garlic**.
- In a small microwave-safe bowl, add the **butter**, **garlic** and a pinch of **salt**. Microwave in **10 second** bursts until melted. Set aside.

5



Heat the buns

- Meanwhile, slice **wholemeal panini** in half, then spread with the **garlic butter**.
- Bake directly on a wire oven rack until heated through, **2-3 minutes**.
- In a second medium bowl, combine **mixed salad leaves** with a drizzle of **white wine vinegar** and olive oil.

3



Make the falafel

- In a medium bowl, combine **carrot**, **falafel mix** and **fine breadcrumbs** (see ingredients).
- Using damp hands, roll and press heaped tablespoons of **falafel mix** into small balls (4-5 per person). Transfer to a plate.

6



Serve up

- Slice falafels in half.
- Spread each half of the panini with **chargrilled capsicum relish** and **garlic aioli**, then top with dressed salad leaves, falafel and cucumber.
- Crumble over **feta cheese** (see ingredients). Serve with fries. Enjoy!

Custom Recipe: If you've doubled your cow's milk feta, crumble over the subs as above.

Rate your recipe

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