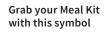


Turkish-Style Falafels & Zesty Fries with Almond Garden Salad & Garlic Dip

EXPLORER

CLIMATE SUPERSTAR









Potato



Tomato







Cucumber







Fine Breadcrumbs



Flaked Almonds



Spinach & Rocket





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



Make friends with plant-based ingredients by teaming crisp falafels with some stellar sides: hand cut zesty fries, almond garden salad, and a garlic dip that tastes good with everything.

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 \cdot Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
zesty chilli salt	½ sachet	1 sachet	
tomato	1	2	
carrot	1/2	1	
cucumber	1 (medium)	1 (large)	
garlic & herb seasoning	1 medium sachet	1 large sachet	
falafel mix	1 packet	2 packets	
fine breadcrumbs	½ medium packet	1 medium packet	
flaked almonds	1 packet	2 packets	
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)	3039kJ (726Cal)	546kJ (130Cal)
Protein (g)	19.6g	3.5g
Fat, total (g)	37.1g	6.7g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	78.4g	14.1g
- sugars (g)	23.2g	4.2g
Sodium (mg)	1552mg	279mg

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. 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 to coat.



Get prepped

- Slice tomato into wedges. Finely grate carrot (see ingredients). Roughly chop cucumber.
- In a medium bowl, combine carrot, garlic & herb seasoning, falafel mix and fine breadcrumbs (see ingredients).



Toast the almonds

Heat a large frying pan over medium-high heat.
Toast flaked almonds, tossing, until golden,
2-3 minutes. Transfer to a bowl.



Cook the falafels

- 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.



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.



Serve up

- Divide falafels, zesty fries and garden salad between plates.
- Dollop with **garlic dip**. Sprinkle toasted almonds over salad to serve. Enjoy!

