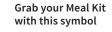


Turkish-Style Falafels & Avocado Salad with Zesty Fries, Almonds & Garlic Dip

EXPLORER















Carrot



Cucumber

Garlic & Herb Seasoning









Flaked Almonds



Spinach & Rocket



Garlic Dip



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 · 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
avocado	1 (small)	1 (large)
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)	3550kJ (848Cal)	627kJ (150Cal)
Protein (g)	20.4g	3.6g
Fat, total (g)	50.7g	9g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	77g	13.6g
- sugars (g)	22g	3.9g
Sodium (mg)	1557mg	275mg

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 fries to coat.



Get prepped

- Meanwhile, slice avocado in half, scoop out flesh and roughly chop. 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 (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.



Toss the salad

• In a large bowl, combine spinach & rocket mix, avocado, cucumber and a drizzle of white wine vinegar and olive oil. Season to taste.



Serve up

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

