



Nourishing Falafel & Carrot Couscous Bowl

with Plant-Based Basil Pesto & Garlic Sauce

EXPLORER

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Recipe Update
We've replaced the radish in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Tomato



Cucumber



Garlic



Roasted Almonds



Carrot



Garlic Dip



Vegetable Stock Powder



Couscous



Falafel Mix



Fine Breadcrumbs



Turkish Sumac Seasoning



Baby Spinach Leaves



Plant-Based Basil Pesto

Prep in: 30-40 mins
Ready in: 35-45 mins

Plant Based

When a wholesome and nutritious dinner tastes as good as this one, it's easy to do your body a favour. Tuck in and let the refreshing carrot couscous, warm falafel and moreish plant-based pesto take you to a state of bliss.

Pantry items

Olive Oil, Plant-Based 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

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| tomato | 1 | 2 |
| cucumber | 1 (medium) | 1 (large) |
| garlic | 2 cloves | 4 cloves |
| roasted almonds | 1 packet | 2 packets |
| carrot | 1 | 2 |
| garlic dip | 1 medium packet | 1 large packet |
| plant-based butter* | 20g | 40g |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| water* | ¾ cup | 1½ cups |
| couscous | 1 medium packet | 1 large packet |
| falafel mix | 1 packet | 2 packets |
| fine breadcrumbs | ½ medium packet | 1 medium packet |
| Turkish sumac seasoning | 1 sachet | 2 sachets |
| baby spinach leaves | 1 small packet | 1 medium packet |
| white wine vinegar* | drizzle | drizzle |
| plant-based basil pesto | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3628kJ (867Cal) | 832kJ (199Cal) |
| Protein (g) | 26.2g | 6g |
| Fat, total (g) | 47.9g | 11g |
| - saturated (g) | 8.8g | 2g |
| Carbohydrate (g) | 80.6g | 18.5g |
| - sugars (g) | 8.5g | 2g |
| Sodium (mg) | 1668mg | 383mg |

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.



Get prepped

- Roughly chop **tomato**. Thinly slice **cucumber** into half-moons. Finely chop **garlic**. Roughly chop **roasted almonds**. Grate **carrot**.
- In a small bowl, combine **garlic dip**, a splash of **water** and a pinch of **salt** and **pepper**. Set aside.



Cook the falafels

- 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.



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic**, the **plant-based butter** and half the **carrot**, stirring, until softened, **2-3 minutes**.
- Add **vegetable stock powder** and the **water** and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until all the water has absorbed, **5 minutes**. Fluff up with a fork.



Bring it all together

- Add **baby spinach leaves** to the **couscous** and stir to combine.
- In a second medium bowl, combine **tomato**, **cucumber**, a pinch of **salt** and a drizzle of **white wine vinegar** and **olive oil**.



Make the falafels

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



Serve up

- Divide carrot couscous and cucumber salad between bowls. Top with falafels and drizzle with garlic sauce.
- Dollop over **plant-based basil pesto**. Garnish with almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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