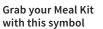


Nourishing Falafel & Carrot Couscous Bowl with Plant-Based Basil Pesto & Garlic Sauce

EXPLORER

CLIMATE SUPERSTAR















Garlic

Roasted Almonds





Carrot

Garlic Dip



Vegetable Stock Powder

Falafel Mix Fine Breadcrumbs



Turkish Sumac Seasoning

Baby Spinach Leaves



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!

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 \cdot Large frying pan

Ingredients

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	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 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.



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.



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.



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.



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!

