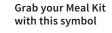


Turkish-Style Falafels & Zesty Fries with Almond-Radish Salad & Garlic Dip

EXPLORER









Potato



Zesty Chilli







Carrot





Radish

Cucumber



Garlic & Herb Seasoning







Falafel Mix

Fine Breadcrumbs



Flaked Almonds





Spinach & Rocket

Garlic Dip

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



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
tomato	1	2
carrot	1/2	1
cucumber	1 (medium)	1 (large)
radish	2	4
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 packet	1 medium packet
white wine vinegar*	drizzle	drizzle
garlic dip	1 large packet	2 large packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3069kJ (734Cal)	519kJ (124Cal)
Protein (g)	19.9g	3.4g
Fat, total (g)	37.2g	6.3g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	79.5g	13.4g
- sugars (g)	24.3g	4.1g
Sodium (mg)	1562mg	264mg

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

- Meanwhile, slice tomato into wedges. Finely grate carrot (see ingredients). Roughly chop cucumber. Thinly slice radish.
- 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 mixture** 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, radish and a drizzle of white wine vinegar and olive oil. Season to taste.



Serve up

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

