



# Turkish-Style Falafels & Zesty Fries

with Almond Garden Salad & Garlic Dip

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Zesty Chilli Salt



Tomato



Carrot



Cucumber



Garlic & Herb Seasoning



Falafel Mix



Fine Breadcrumbs



Flaked Almonds



Spinach & Rocket Mix



Garlic Dip

### Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

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

Plant Based

Make friends with plant-based ingredients by teaming crisp falafels with some stellar sides: hand cut zesty fries, almond 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 · Large frying pan

## Ingredients

	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	½	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 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)	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)	23.3g	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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

2



## Get prepped

- Meanwhile, 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)**.

3



## 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.

4



## 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.

5



## Toss the salad

- Meanwhile, combine **spinach & rocket mix, tomato, cucumber** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl.
- Season to taste.

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



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