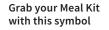


Nourishing Falafel & Carrot Couscous Bowl with Plant-Based Basil Pesto & Garlic Sauce

EXPLORER

CLIMATE SUPERSTAR











Cucumber



Garlic



Hazelnuts

Carrot



Vegetable Stock



Powder



Falafel Mix



Fine Breadcrumbs



Turkish Sumac



Seasoning



Plant-Based **Basil Pesto**



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

Plant Based* *Custom Recipe is not Plant Based When a wholesome and nutritious falafel 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
radish	2	3		
cucumber	1 (medium)	1 (large)		
garlic	2 cloves	4 cloves		
hazelnuts	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 leaves	1 small packet	1 medium packet		
white wine vinegar*	drizzle	drizzle		
plant-based basil pesto	1 medium packet	1 large packet		
haloumi/ grill cheese**	1 packet	2 packets		

*Pantry Items **Custom Recipe Ingredient

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
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4957kJ (1185Cal)	925kJ (221Cal)
Protein (g)	48.2g	9g
Fat, total (g)	72.9g	13.6g
- saturated (g)	25.4g	4.7g
Carbohydrate (g)	82.3g	15.4g
- sugars (g)	9.8g	1.8g
Sodium (mg)	2668mg	498mg

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.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Thinly slice radish. Thinly slice cucumber into half-moons. Finely chop garlic. Roughly chop hazelnuts. 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 mix** 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 / 1/2 cup for 4 people) over mediumhigh 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.

Custom Recipe: If you've added haloumi, cut into 1cm slices. Before cooking falafels, heat large frying pan with a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. Transfer to a plate. Continue with recipe.



Bring it all together

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



Serve up

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

Custom Recipe: Top with haloumi to serve.



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