



Nourishing Falafel & Carrot Couscous Bowl

with Plant-Based Basil Pesto & Garlic Sauce

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Radish



Cucumber



Garlic



Hazelnuts



Carrot



Garlic Dip



Vegetable Stock Powder



Couscous



Falafel Mix



Fine Breadcrumbs



Turkish Sumac Seasoning



Baby Leaves



Plant-Based Basil Pesto



Haloumi/
Grill Cheese

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
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

2024 | CW13



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 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.

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.



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 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**.



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.



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.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate