



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



Radish



Garlic & Herb Seasoning



Falafel Mix



Fine Breadcrumbs



Flaked Almonds



Mixed Salad Leaves



Garlic Dip



Chicken Breast Strips

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



Plant Based[^]

[^]Custom Recipe is not Plant Based



Eat Me Early*

*Custom Recipe only

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.

CUSTOM RECIPE

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

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
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
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
garlic dip	1 large packet	2 large packets
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3029kJ (724Cal)	587kJ (140Cal)
Protein (g)	19.3g	3.7g
Fat, total (g)	37.1g	7.2g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	78.5g	15.2g
- sugars (g)	23.3g	4.5g
Sodium (mg)	1558mg	302mg
Dietary Fibre (g)	19.8g	3.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3776kJ (902Cal)	558kJ (133Cal)
Protein (g)	51.8g	7.7g
Fat, total (g)	42.4g	6.3g
- saturated (g)	4.4g	0.7g
Carbohydrate (g)	79.3g	11.7g
- sugars (g)	24.1g	3.6g
Sodium (mg)	1641mg	243mg
Dietary fibre	19.8g	2.9g

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 | CW18



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.

4



Cook the falafels

- Using damp hands, roll and press heaped tablespoons of **falafel mix** 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.

2



Get prepped

- Meanwhile, slice **tomato** into wedges. Finely grate **carrot (see ingredients)**. Thinly slice **radish**.
- In a medium bowl, combine **carrot, garlic & herb seasoning, falafel mix and fine breadcrumbs (see ingredients)**.

5



Toss the salad

- Meanwhile, combine **mixed salad leaves, tomato, radish** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl.
- Season to taste.

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.

Custom Recipe: If you've added chicken breast strips, after toasting almonds, return frying pan to high heat with a drizzle of olive oil. Cook chicken strips, tossing occasionally, until browned and cooked through (when no longer pink inside), 3-4 minutes. Transfer to a plate.

6



Serve up

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

Custom Recipe: Serve with chicken strips.

Rate your recipe

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