



# 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                              |
|----------------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>          | 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                       |
| <b>white wine vinegar*</b> | drizzle         | drizzle                               |
| garlic dip                 | 1 large packet  | 2 large packets                       |
| chicken breast strips**    | 1 medium packet | 2 medium packets<br>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](https://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



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## 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.

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## 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.

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## 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)**.

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## 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.

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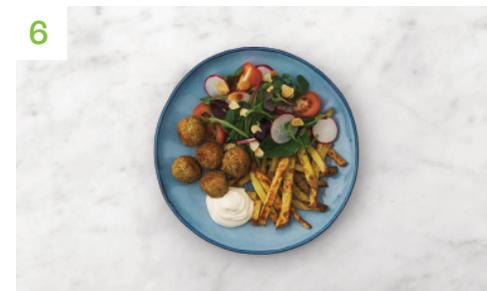


## Toast the almonds

- 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.

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## 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

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)