



# Nourishing Falafel & Carrot Couscous Bowl

with Capsicum Relish & Garlic Sauce

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Radish



Cucumber



Garlic



Roasted Almonds



Carrot



Garlic Dip



Vegetable Stock Powder



Couscous



Falafel Mix



Fine Breadcrumbs



Baby Leaves



Chargrilled Capsicum Relish



Haloumi/Grill Cheese



Parmesan Grated

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

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 capsicum relish take you to a state of bliss.

### Pantry items

Olive Oil, Plant-Based Butter, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
radish	2	3
cucumber	1 medium	1 large
garlic	2 cloves	4 cloves
roasted almonds	1 packet	2 packets
carrot	1	2
garlic dip	1 medium packet	1 large packet
<b>plant-based butter*</b>	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	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
baby leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
chargrilled capsicum relish	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3597kJ (860cal)	416kJ (99cal)
Protein (g)	26.1g	3g
Fat, total (g)	47.9g	5.5g
- saturated (g)	8.8g	1g
Carbohydrate (g)	78.9g	9.1g
- sugars (g)	8.5g	1g
Sodium (mg)	1508mg	174.3mg
Dietary Fibre (g)	22.2g	2.6g

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

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## Get prepped

- Thinly slice **radish**. Thinly slice **cucumber** into half-moons. Finely chop **garlic**. Roughly chop **roasted almonds**. 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.



## 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

- Meanwhile, in a large bowl, add **baby leaves** and **couscous**. 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) 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.
- Drizzle with garlic sauce and dollop over **chargrilled capsicum relish**. Garnish with almonds to serve. Enjoy!

### CUSTOM OPTIONS



#### ADD HALLOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.



#### ADD PARMESAN GRATED

Add to couscous along with baby leaves.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

