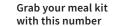


Nourishing Falafel & Carrot Couscous Bowl with Capsicum Relish & Garlic Sauce

CLIMATE SUPERSTAR

















Roasted Almonds



Carrot





Vegetable Stock



Powder





Falafel Mix

Fine Breadcrumbs







Baby Leaves

Chargrilled Capsicum





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



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

in ign concrite		
	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
roasted almonds	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 cup
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
white wine vinegar*	drizzle	drizzle
chargrilled capsicum relish	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3597kJ (860cal)	416kJ (99cal)
26.1g	3g
47.9g	5.5g
8.8g	1g
78.9g	9.1g
8.5g	1g
1508mg	174.3mg
22.2g	2.6g
	3597kJ (860cal) 26.1g 47.9g 8.8g 78.9g 8.5g 1508mg

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.



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 couscous

- In a medium saucepan, heat a drizzle of olive oil over medium-high heat. Cook garlic, the plantbased 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) 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 / 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.



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.



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!



ADD HALLOUMI

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



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

