

# Mediterranean Falafel & Feta Sub

with Cucumber, Capsicum Relish & Aioli

TAKEAWAY FAVES

Grab your meal kit with this number

32



Potato



Cucumber



Carrot



Garlic



Falafel Mix



Fine Breadcrumbs



Wholemeal Panini



Mixed Salad Leaves



Chargrilled Capsicum Relish



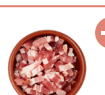
Garlic Aioli



Cow's Milk Feta



Cow's Milk Feta



Diced Bacon

Prep in: 25-35 mins  
Ready in: 30-40 mins

Pack in the flavours of the Mediterranean into a toasted panini sub so you can get a taste of everything all at once! We're adding falafels with chargrilled capsicum relish and creamy feta crumbled over. The garlic aioli is a must for fragrance and finishing with a side of fries, you can never go wrong.

### Pantry items

Olive Oil, 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

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
cucumber	1 (medium)	1 (large)
carrot	½	1
garlic	2 cloves	4 cloves
<b>butter*</b>	30g	60g
falafel mix	1 packet	2 packets
fine breadcrumbs	½ medium packet	1 medium packet
wholemeal panini	2	4
mixed salad leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
chargrilled capsicum relish	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
cow's milk feta	½ packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4425kJ (1058cal)	343kJ (82cal)
Protein (g)	40.6g	3.1g
Fat, total (g)	45.9g	3.6g
- saturated (g)	22.6g	1.8g
Carbohydrate (g)	118.3g	9.2g
- sugars (g)	29.7g	2.3g
Sodium (mg)	2599mg	201.5mg
Dietary Fibre (g)	25.2g	2g

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.

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

2



## Get prepped

- Meanwhile, thinly slice **cucumber** into rounds.
- Finely grate **carrot** (see ingredients).
- Finely chop **garlic**.
- In a small microwave-safe bowl, add the **butter**, **garlic** and a pinch of **salt**. Microwave in **10 second** bursts until melted. Set aside.

3



## Make the falafel

- In a medium bowl, combine **carrot**, **falafel mix** and **fine breadcrumbs** (see ingredients).
- Using damp hands, roll and press heaped tablespoons of **falafel mix** into small balls (4-5 per person). Transfer to a plate.

4



## Cook the falafel

- 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.

5



## Heat the buns

- Meanwhile, slice **wholemeal panini** in half, then spread with the **garlic butter**.
- Bake directly on a wire oven rack until heated through, **2-3 minutes**.

6



## Serve up

- In a second medium bowl, combine **mixed salad leaves** with a drizzle of **white wine vinegar** and olive oil.
- Slice falafels in half.
- Spread each half of the panini with **chargrilled capsicum relish** and **garlic aioli**, then top with dressed salad leaves, cucumber and Mediterranean falafel.
- Crumble over **cow's milk feta**.
- Serve with fries. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



### CUSTOM OPTIONS

**+** **DOUBLE COW'S MILK FETA**  
Follow method above.

**+** **ADD DICED BACON**  
Cook before falafel, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

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

