



# Nourishing Falafel & Carrot Couscous Bowl

with Garlic Sauce

CLIMATE SUPERSTAR

Grab your meal kit with this number

40



Radish



Cucumber



Garlic



Roasted Almonds



Carrot



Garlic Dip



Vegetable Stock Powder



Couscous



Falafel Mix



Fine Breadcrumbs



Baby Leaves



Grated Parmesan Cheese



Haloumi/Grill Cheese

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 and warm falafel 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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
radish	2	4
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

\*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.



## 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

- Add **baby leaves** to the couscous and 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 and drizzle with garlic sauce.
- Garnish with almonds to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



### CUSTOM OPTIONS

**+** ADD GRATED PARMESAN CHEESE  
Sprinkle over before serving.

**+** ADD HALOUMI  
Cut into bite-sized chunks. Cook until browned, 3-4 minutes.

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

