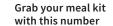


# Nourishing Falafel & Carrot Couscous Bowl

with Garlic Sauce

CLIMATE SUPERSTAR











Radish

Cucumber





Garlic

Roasted Almonds





Carrot

Garlic D





Vegetable Stock Powder

Couscou





Falafel Mix

Fine Breadcrumbs



Baby Leaves





d Haloumi/C an Cheese e 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

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	2 People	4 People	
olive oil*	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	
plant-based butter*	20g	40g	
vegetable stock powder	1 medium sachet	1 large sachet	
water*	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	
white wine vinegar*	drizzle	drizzle	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3597kJ (860cal)	<b>416kJ</b> (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 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 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.



### 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

- 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.



# Serve up

- Divide carrot couscous and radish salad between bowls.
- Top with falafels and drizzle with garlic sauce.
- Garnish with almonds to serve. Enjoy!



ADD GRATED PARMESAN CHEESE Sprinkle over before serving.



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

