



Sticky Falafels & Chermoula Veggies

with Almond Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

40



Potato



Beetroot



Chermoula Spice Blend



Carrot



Cucumber



Slivered Almonds



Falafel Mix



Fine Breadcrumbs



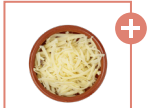
Sweet Chilli Sauce



Mixed Salad Leaves



Garlic Dip



Shredded Cheddar Cheese



Halloumi/Grill Cheese

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

Make friends with plant-based ingredients by teaming hearty falafels with some stellar sides: chermoula roasted veggies, a crunchy salad and a garlic dip so flavourful, you'll want to add it to everything.

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
potato	2	4
beetroot	1	2
chermoula spice blend	1 medium sachet	1 large sachet
carrot	½	1
cucumber	1 (medium)	1 (large)
slivered almonds	1 packet	2 packets
falafel mix	1 packet	2 packets
fine breadcrumbs	½ medium packet	1 medium packet
sweet chilli sauce	1 small packet	½ large packet
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3891kJ (930cal)	356kJ (85cal)
Protein (g)	23.4g	2.1g
Fat, total (g)	55.3g	5.1g
- saturated (g)	6.2g	0.6g
Carbohydrate (g)	84.8g	7.8g
- sugars (g)	33.8g	3.1g
Sodium (mg)	1504mg	137.7mg
Dietary Fibre (g)	24.9g	2.3g

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and season with **salt**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your tray is crowded, divide the veggies between two trays!



Get prepped

- Meanwhile, grate **carrot** (see ingredients).
- Thinly slice **cucumber** into rounds.
- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until toasted, **3-5 minutes**. Transfer to a small bowl and set aside.



Prep the falafel

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



Cook the falafel

- Return frying pan to medium-high heat with **olive oil** (¼ cup for 2 people / ½ cup for 4 people). When oil is hot, cook **falafels**, turning, until browned and heated through, **5-7 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **sweet chilli sauce** (see ingredients) and toss **falafels** to coat.

TIP: Ensuring the oil in the pan is hot before cooking gives the falafels a crispy texture and prevents them from sticking.



Toss the salad

- In a second medium bowl, combine **mixed salad leaves**, **cucumber**, **almonds** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Serve up

- Divide sticky falafels, chermoula veggies and almond salad between plates.
- Serve with **garlic dip**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS

+ **ADD CHEDDAR CHEESE**
Sprinkle over before serving.

+ **ADD HALLOUMI**
Cut into 1cm 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.

