

# Nourishing Falafel & Carrot Couscous Bowl

with Tahini Dressing

CLIMATE SUPERSTAR

Grab your meal kit with this number









Radish

Cucumber











Slivered Almonds

Thaini





Vegetable Stock Powder





Falafel Mix

Fine Breadcrumbs



**Baby Leaves** 





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

9		
	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
carrot	1	2
slivered almonds	1 packet	2 packets
tahini	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)	3036kJ (744cal)	744kJ (182cal)
Protein (g)	22.9g	5.6g
Fat, total (g)	34.4g	8.4g
- saturated (g)	7.7g	1.9g
Carbohydrate (g)	78.2g	19.2g
- sugars (g)	8.3g	2g
Sodium (mg)	1410mg	345.6mg
Dietary Fibre (g)	20g	4.9g

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.
- · Grate carrot.
- · In a small bowl, combine tahini, a splash of water and a pinch of salt and pepper. Set aside.
- Heat a large frying pan over medium-high heat. Toast almonds, tossing, until golden, 2-3 minutes. Transfer to a bowl.



## 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

 Return frying pan to medium-high heat with olive oil (1/4 cup for 2 people / 1/2 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). 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.



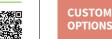
# Bring it all together

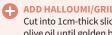
- · Add baby leaves to the couscous and stir to combine.
- In a second medium bowl, combine radish, cucumber, a pinch of salt and a drizzle of white wine vinegar and olive oil.



# Serve up

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









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

