



Nourishing Falafel & Carrot Couscous Bowl

with Tahini Dressing

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Radish



Cucumber



Garlic



Carrot



Slivered Almonds



Tahini



Vegetable Stock Powder



Couscous



Falafel Mix



Fine Breadcrumbs



Baby Leaves



Halloumi/Grill Cheese



Grated Parmesan 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
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

*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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



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 falafels

- 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). 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 tahini dressing.
- Garnish with almonds to serve. Enjoy!

CUSTOM OPTIONS



ADD HALLOUMI/GRILL CHEESE

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.



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.

