

Apricot-Glazed Falafels

with Chermoula Veggies & Almond Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Chermoula Spice Blend



Cucumber



Herbs



Roasted Almonds



Apricot Sauce



Mixed Leaves



Garlic Dip



Falafel Bites

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

 Plant Based

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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
carrot	½	1
beetroot	1	2
chermoula spice blend	1 sachet	1 sachet
cucumber	1 (medium)	1 (large)
herbs	1 bag	1 bag
roasted almonds	1 packet	2 packets
falafel bites	1 packet	2 packets
apricot sauce	1 medium packet	1 large packet
mixed leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4085kJ (976Cal)	624kJ (149Cal)
Protein (g)	24.1g	3.7g
Fat, total (g)	54g	8.3g
- saturated (g)	6g	0.9g
Carbohydrate (g)	97.1g	14.8g
- sugars (g)	38.7g	5.9g
Sodium (mg)	1465mg	224mg

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.



1 Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Cut **beetroot** into small chunks.



2 Roast the veggies

- 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**.



3 Get prepped

- Meanwhile, thinly slice **cucumber** into rounds.
- Pick and thinly slice **herbs**. Roughly chop **roasted almonds**.
- Cut or tear each **falafel bite** into quarters (don't worry if they crumble!).



4 Cook the falafels

- In a large frying pan, heat **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people) over medium-high heat.
- When oil is hot, cook **falafels**, tossing, until a deep golden brown, **2-3 minutes**.
- Remove pan from heat, then add **apricot sauce** 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.



5 Toss the salad

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



6 Serve up

- Divide apricot-glazed 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



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