

# Apricot-Glazed Falafels

with Chermoula Veggies & Almond Salad

Grab your Meal Kit with this symbol



Potato



Beetroot



Chermoula Spice Blend



Carrot



Cucumber



Roasted Almonds



Currants



Fine Breadcrumbs



Apricot Sauce



Salad Leaves



Garlic Dip




Falafel Mix



### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
beetroot	1	2
chermoula spice blend	1 sachet	1 sachet
carrot	½	1
cucumber	1 (medium)	1 (large)
roasted almonds	1 packet	2 packets
falafel mix	1 packet	2 packets
currants	1 medium sachet	1 large sachet
fine breadcrumbs	½ packet	1 packet
apricot sauce	1 medium packet	1 large packet
salad leaves	1 small bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4079kJ (975Cal)	626kJ (150Cal)
Protein (g)	24.2g	3.7g
Fat, total (g)	53.9g	8.3g
- saturated (g)	6g	0.9g
Carbohydrate (g)	97g	14.9g
- sugars (g)	38.5g	5.9g
Sodium (mg)	1468mg	225mg

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](https://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 oven tray is crowded, divide between two trays.



## Cook the falafel

- 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**, turning, until browned and heated through, **5-7 minutes** (cook in batches if your pan is getting crowded).
- 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.



## Get prepped

- Meanwhile, finely grate **carrot** (see ingredients). Thinly slice **cucumber** into rounds. Roughly chop **roasted almonds**.



## Make the salad

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



## Make the falafels

- In a medium bowl, combine **carrot**, **falafel mix**, **currants**, **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.



## 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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