# Apricot-Glazed Falafels with Chermoula Veggies & Almond Salad









Potato





Chermoula Spice

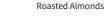


Carrot





Cucumber







Fine Breadcrumbs

Currants





**Apricot Sauce** 

Salad Leaves



Garlic Dip



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

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

| 9                        |                 |                 |
|--------------------------|-----------------|-----------------|
|                          | 2 People        | 4 People        |
| olive oil*               | refer to method | refer to method |
| potato                   | 2               | 4               |
| beetroot                 | 1               | 2               |
| chermoula spice<br>blend | 1 sachet        | 1 sachet        |
| carrot                   | 1/2             | 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     |
| white wine<br>vinegar*   | 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 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.



## Get prepped

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



#### 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.



## 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.



#### 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.



#### Serve up

- Divide apricot-glazed falafels, chermoula veggies and almond salad between plates.
- · Serve with garlic dip. Enjoy!



We're here to help!