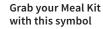


Apricot-Glazed Falafels & Roasted Veggies

with Slaw & Garlic Dip















Seasoning

Garlic & Herb

Fine Breadcrumbs





Apricot Sauce

Baby Spinach Leaves



Garlic Dip

Crushed Roasted

Shredded Cabbage



Cashews

Falafel Mix

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: 20-30 mins Ready in: 30-40 mins

Calorie Smart





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
carrot	1	2
kumara	1 (medium)	1 (large)
garlic & herb seasoning	1 sachet	1 sachet
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
falafel mix	1 packet	2 packets
fine breadcrumbs	½ packet	1 packet
apricot sauce	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 small bag	1 medium bag
garlic dip	1 medium packet	1 large packet
crushed roasted cashews	1 packet	2 packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2504kJ (598Cal)	564kJ (135Cal)
Protein (g)	18.6g	4.2g
Fat, total (g)	25.4g	5.7g
- saturated (g)	2.8g	0.6g
Carbohydrate (g)	73.3g	16.5g
- sugars (g)	20g	4.5g
Sodium (mg)	1449mg	326mg

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 220°C/200°C fan forced.
- Finely grate 1/2 the carrot and cut the remaining carrot into bite-sized chunks. Cut kumara into bite-sized chunks.
- Place chopped carrot and kumara on a lined oven tray. Sprinkle over garlic & herb seasoning, drizzle with olive oil and toss to coat.
- · Roast until tender, 20-25 minutes.



Prep the slaw

 Meanwhile, combine shredded cabbage mix, a drizzle of white wine vinegar and a good pinch of sugar and salt in a medium bowl. Set aside.



Make the falafels

- In a second medium bowl, combine grated carrot, falafel mix and fine breadcrumbs (see ingredients).
- 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

- When the veggies have 10 minutes remaining, heat a large frying pan over 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 falafels to a bowl, then add apricot sauce and toss to coat.

TIP: Ensuring the oil in the pan is hot before cooking gives the falafels a crispy texture and prevents them from sticking.



Toss the slaw

 To the cabbage, add baby spinach leaves and a drizzle of olive oil. Toss to combine.



Serve up

- Divide roasted veggies, slaw and apricot-glazed falafels between plates.
- Top with garlic dip and garnish with crushed roasted cashews. Enjoy!



We need your expertise!
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