

Apricot-Glazed Falafels & Roasted Veggies

with Slaw & Garlic Dip

Grab your Meal Kit with this symbol



Carrot



Kumara



Garlic & Herb Seasoning



Fine Breadcrumbs



Apricot Sauce



Baby Spinach Leaves



Garlic Dip



Crushed Roasted Cashews



Shredded Cabbage Mix



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

Plant Based

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

	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're here to help!

Scan here if you have any questions or concerns

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