



Falafel & Carrot Couscous Bowl

with Plant-Based Basil Pesto & Garlic Sauce

Grab your Meal Kit with this symbol



Tomato



Cucumber



Carrot



Garlic



Herbs



Roasted Almonds



Garlic Dip



Vegetable Stock Powder



Couscous



Falafel Mix



Fine Breadcrumbs



Salad Leaves



Plant-Based Basil Pesto

Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**

Plant Based

When a wholesome, nutritious dinner tastes as good as this one, it's easy to do your body a favour. Tuck in and let the refreshing salad, warm falafel and moreish plant-based pesto take you to a state of bliss.

Pantry items

Olive Oil, Plant-Based Butter, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
cucumber	1 (medium)	1 (large)
carrot	1	2
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
roasted almonds	1 packet	2 packets
garlic dip	1 medium packet	1 large packet
plant-based butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
couscous	1 packet	1 packet
falafel mix	1 packet	2 packets
fine breadcrumbs	½ packet	1 packet
salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
plant-based basil pesto	50g	100g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3593kJ (859Cal)	797kJ (190Cal)
Protein (g)	26.2g	5.8g
Fat, total (g)	47.6g	10.6g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	79.2g	17.6g
- sugars (g)	8.8g	2g
Sodium (mg)	1509mg	335mg

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.



Get prepped

Thinly slice the **tomato** and **cucumber** into half-moons. Grate the **carrot**. Finely chop the **garlic**. Roughly chop the **herbs** and **roasted almonds**. In a small bowl, combine the **garlic dip**, a splash of **water** and a pinch of **salt** and **pepper**. Set aside.



Cook the falafels

In a large frying pan, heat **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people) over a medium-high heat. Cook the **falafels**, turning, until browned and cooked through, **5-7 minutes**. Transfer to a plate lined with paper towel.

TIP: Cook in batches if your pan is getting crowded!



Cook the couscous

In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic**, **plant-based butter** and 1/2 the **carrot**, stirring, until softened, **2-3 minutes**. Add the **vegetable stock powder** and the **water** and bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water has absorbed, **5 minutes**. Fluff up with a fork.



Bring it all together

Add the **salad leaves** to the **couscous** and stir to combine. In a medium bowl, combine the **tomato**, **cucumber**, **herbs**, a pinch of **salt** and a drizzle of **white wine vinegar** and **olive oil**.



Make the falafels

In a medium bowl, combine the **falafel mix**, **fine breadcrumbs** (see ingredients) and the remaining **carrot**. Using damp hands, shape heaped tablespoons of the **mixture** into small balls. Transfer to a plate. You should get 3 falafels per person.



Serve up

Divide the carrot couscous and salad between bowls. Top with the falafels and drizzle with the garlic sauce. Dollop over the **plant-based basil pesto**. Garnish with the almonds to serve.

Enjoy!