



Falafel & Carrot Couscous Bowl

with Plant-Based Basil Pesto & Garlic Sauce

Grab your Meal Kit with this symbol



Tomato



Cucumber



Garlic



Herbs



Roasted Almonds



Carrot



Garlic Dip



Vegetable Stock Powder



Couscous



Falafel Mix



Fine Breadcrumbs



Salad Leaves



Plant-Based Basil Pesto

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what 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)
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
roasted almonds	1 packet	2 packets
carrot	1	2
garlic dip	1 medium packet	1 large packet
water*	¾ cup	1½ cups
plant-based butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
falafel mix	1 packet	2 packets
fine breadcrumbs	½ packet	1 packet
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
plant-based basil pesto	1 packet (50g)	1 packet (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 **tomato** and **cucumber** into half-moons. Finely chop **garlic**. Roughly chop **herbs** and **roasted almonds**. Grate the **carrot**. In a small bowl, combine **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 medium-high heat. Cook **falafels**, turning, until browned and cooked through, **5-7 minutes**. Transfer to a paper towel-lined plate.

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



Cook the couscous

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



Bring it all together

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



Serve up

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

Enjoy!