



# Falafel & Carrot Couscous Bowl

with Plant-Based Basil Pesto & Garlic Sauce

Grab your Meal Kit with this symbol



Tomato



Cucumber



Carrot



Garlic



Roasted Almonds



Garlic Dip



Vegetable Stock Powder



Couscous



Fine Breadcrumbs



Turkish Sumac Seasoning



Baby Spinach Leaves



Falafel Mix



Plant-Based Basil Pesto

### 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: 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
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
cucumber	1 (medium)	1 (large)
carrot	1	2
garlic	2 cloves	4 cloves
roasted almonds	1 packet	2 packets
garlic dip	1 medium packet	1 large packet
<b>plant-based butter*</b>	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	¾ cup	1 ½ cups
couscous	1 packet	1 packet
falafel mix	1 packet	2 packets
fine breadcrumbs	½ packet	1 packet
Turkish sumac seasoning	1 sachet	2 sachets
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based basil pesto	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3619kJ (865Cal)	803kJ (192Cal)
Protein (g)	26.2g	5.8g
Fat, total (g)	47.7g	10.6g
- saturated (g)	8.8g	2g
Carbohydrate (g)	80.3g	17.8g
- sugars (g)	9g	2g
Sodium (mg)	1670mg	370mg

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](https://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 grate **carrot**. Finely chop **garlic**. Roughly chop **roasted almonds**.
- 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. 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 to a paper towel-lined plate.

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

**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**, the **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 all the water has absorbed, **5 minutes**. Fluff up with a fork.



## Bring it all together

- Add **baby spinach leaves** to the **couscous** and stir to combine.
- In a second medium bowl, combine **tomato**, **cucumber**, 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), **Turkish sumac seasoning** and the remaining **carrot**.
- Using damp hands, roll and press heaped tablespoons of **falafel mix** into small balls (4-5 per person). Transfer to a plate.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

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