



Falafels & Couscous with Herby Dressing & Onion Chutney

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Keep an eye out...
Due to recent sourcing challenges, we've replaced dill with parsley, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

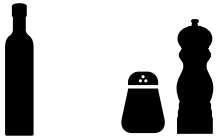
You'll need

(along with the basics)



Large Frying Pan Medium saucepan

From the pantry



Olive Oil Salt & Pepper

From the cool pouch

	2P	4P
Falafel Bites	1 pkt	2 pkts
Greek-Style Yoghurt	1 pkt	1 pkt
Caramelised Onion Chutney	1 pkt	2 pkts

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.

1. Sizzle



Falafel Bites



Baby Broccoli



Aussie Spice Blend

2. Chop



Couscous



Vegetable Stock Powder



Tomato



Roasted Almonds



Dill & Parsley Mayonnaise



Greek-Style Yoghurt

3. Toss



Baby Spinach Leaves



Caramelised Onion Chutney



Parsley

- Boil a kettle of water
- Break **falafel** into halves. Trim **baby broccoli**
- Heat a frying pan over high heat with a drizzle of **olive oil**
- Cook **falafel** and **baby broccoli** with a generous splash of **water**, tossing, until golden and tender, **4-6 mins**
- Transfer **baby broccoli** to a plate
- Add **spice blend** and a drizzle of **olive oil** to **falafel**. Stir until fragrant, **1 min**

- Meanwhile, add **couscous**, **stock** and **boiling water** (3/4 cup for 2P / 1 1/2 cups for 4P) to a large bowl. Stir to combine
- Cover and set aside for **5 mins**
- Chop **tomato** and **almonds**
- In a small bowl, combine **herb mayo** and **yoghurt**

- Add **spinach** and **tomato** to couscous. Stir to combine
- Plate up **couscous**, **falafel** and **baby broccoli**
- Spoon over **yoghurt dressing**. Top with **onion chutney** and **almonds**
- Tear over **parsley**

