



Falafel & Veggie Couscous with Herby Dressing & Onion Chutney

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 4084kJ (976Cal) | Protein 28.9g | Fat, total 58.5g - saturated 6.2g | Carbohydrate 86.6g - sugars 17.1g | Sodium 1793mg

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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

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Falafel Bites	1 tub	2 tub
Greek-Style Yoghurt	1 medium pkt	1 large pkt
Caramelised Onion Chutney	1 pkt (40g)	2 pkts (80g)

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



Dill

- Boil the kettle
- Break **falafel** into halves. Trim **baby broccoli**
- Heat a drizzle of **olive oil** in frying pan over high heat
- 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 pan. Stir until fragrant, **1 min**

- Meanwhile, combine **couscous**, **vegetable stock** and **boiling water** (3/4 cup for 2P / 1 1/2 cups for 4P) in a bowl
- Cover and set aside for **5 mins**
- Roughly chop **tomato** and **almonds**
- In a bowl, combine **herb mayo** and **yoghurt**

- Add **tomato** and **spinach** to couscous. Toss to combine
- Plate up **couscous**, **falafel** and **baby broccoli**
- Serve drizzled with **yoghurt dressing**
- Top with **onion chutney**, **almonds** and torn **dill**

