



Falafel & Israeli Couscous Bowl

with Eggplant & Plant-Based Harissa Aioli

Grab your Meal Kit with this symbol



Eggplant



Peeled & Chopped Pumpkin



Chermoula Spice Blend



Baby Spinach Leaves



Garlic



Flaked Almonds



Israeli Couscous



Harissa Paste



Plant-Based Aioli



Falafel Mix



Parsley

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

Calorie Smart

Plant Based

What's an easy way to bring a new burst of life to falafels? Add a punchy harissa aioli and colourful roasted veggies, then team it with golden and tender pearls of Israeli couscous for a dish that's all kinds of yum.

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
peeled & chopped pumpkin	1 bag (200g)	1 bag (400g)
chermoula spice blend	1 sachet	1 sachet
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
Israeli couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
harissa paste	1 medium packet	1 large packet
plant-based aioli	1 packet (50g)	1 packet (100g)
falafel mix	1 tub	2 tubs
parsley	½ bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2350kJ (561Cal)	585kJ (139Cal)
Protein (g)	20.7g	5.2g
Fat, total (g)	20.2g	5g
- saturated (g)	2.1g	0.5g
Carbohydrate (g)	73.3g	18.3g
- sugars (g)	7.9g	2g
Sodium (mg)	1730mg	431mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **eggplant** into small chunks. Place the **eggplant** and **peeled & chopped pumpkin** on a lined oven tray. Sprinkle with the **chermoula spice blend**, season with **salt** and **pepper**, then drizzle with **olive oil**. Toss to coat, then roast until tender, **25 minutes**.



Make the harissa aioli

While the couscous is cooking, combine the **harissa paste** and **plant-based aioli** in a small bowl.

TIP: Add a dash of water if you prefer a thinner consistency of aioli.



Toast the almonds

While the veggies are roasting, roughly chop the **baby spinach leaves**. Finely chop the **garlic**. Heat a large frying pan over a medium-high heat. Toast the **flaked almonds** until golden, **3-4 minutes**. Transfer to a bowl.



Cook the falafel

Using damp hands, scoop out heaped tablespoons of the **falafel mix** and shape into small round balls. Transfer to a plate. You should get 5-6 falafels per person. Return the frying pan to a medium-high heat with **olive oil** (1/4 cup for 2 people/ 1/2 cup for 4 people). When the oil is hot, cook the **falafels**, tossing, until deep golden brown, **4-6 minutes**. Transfer to a plate lined with paper towel. Add the roasted **veggies** and **baby spinach** to the cooked **couscous**. Toss gently to combine and season to taste.



Cook the couscous

While the almonds are toasting, heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** and the **Israeli couscous**, stirring occasionally, until fragrant and toasted, **1-2 minutes**. Add the **water** and a pinch of **salt**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.



Serve up

Roughly chop the **parsley** leaves (see ingredients). Divide the roast veggie Israeli couscous between bowls. Top with the falafels and harissa aioli. Sprinkle with the parsley and toasted almonds to serve.

Enjoy!