



Falafels & Moroccan Curry Sauce

with Roast Veggie Couscous & Roasted Almonds

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Onion



Chermoula Spice Blend



Vegetable Stock Powder



Couscous



Fine Breadcrumbs



Moroccan Curry Paste



Coconut Milk



Baby Spinach Leaves



Roasted Almonds



Falafel Mix



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: 25-35 mins
Ready in: 30-40 mins

Plant Based

Soft and fluffy, that's how we're describing this dinner with plump falafels and a couscous that melts in your mouth. Toss through some almonds and veggies to create a bowl of tastiness.

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
onion	1 (medium)	1 (large)
chermoula spice blend	1 sachet	1 sachet
water* (for the couscous)	¾ cup	1½ cups
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
Moroccan curry paste	1 medium packet	1 large packet
coconut milk	1 box (200g)	1 tin (400g)
water* (for the sauce)	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
roasted almonds	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3204kJ (765Cal)	567kJ (135Cal)
Protein (g)	28.1g	5g
Fat, total (g)	29.3g	5.2g
- saturated (g)	18g	3.2g
Carbohydrate (g)	94.8g	16.8g
- sugars (g)	19g	3.4g
Sodium (mg)	2179mg	386mg

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 oven to **240°C/220°C fan-forced**.
- Cut **cauliflower** (including stalk!) into small florets. Cut 1/2 the **carrot** into bite-sized chunks. Cut **onion** into wedges.
- Place **cauliflower, onion** and chopped **carrot** on a lined oven tray. Sprinkle with **chermoula spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender and brown around edges, **20-25 minutes**.



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.



Make the couscous

- In a medium saucepan, combine **water (for the couscous)** and **vegetable stock powder** 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.



Make the curry sauce

- Wipe out and return frying pan to medium-high heat, with a drizzle of **olive oil**. Cook **Moroccan curry paste**, until fragrant, **1-2 minutes**.
- Add **coconut milk** and **water (for the sauce)** and cook until slightly reduced, **2-3 minutes**. Season with **salt** and **pepper**.
- To the saucepan with couscous, add **roasted veggies** and **baby spinach leaves** and stir to combine.



Prep the falafels

- While the couscous is cooking, grate the remaining **carrot**.
- In a medium bowl, combine grated **carrot, falafel mix** and **fine breadcrumbs** (see ingredients).
- Using damp hands, roll and press heaped tablespoons of **falafel mixture** into small balls (4-5 per person). Transfer to a plate.



Serve up

- Roughly chop **roasted almonds**.
- Divide roast veggie couscous and falafels between plates. Top with Moroccan curry sauce.
- Garnish with almonds. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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