



Italian Falafels & Veggie Couscous

with Garlic Sautéed Onions & Red Pesto Dressing

Grab your Meal Kit with this symbol



Capsicum



Carrot



Parsnip



Red Onion



Garlic



Lemon



Falafel Mix



Red Pesto



Mayonnaise



Vegetable Stock Powder



Couscous



Parsley

Keep an eye out...

Due to recent sourcing challenges, we've replaced courgette with parsnip, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

What's a quick and easy way to bring a rich and tasty flavour to a dish? Add our moreish red pesto dressing that adds an extra burst of flavour with every bite! Teamed with warm falafel bites, herby parsley and roasted veggies, this dish is all kinds of yum.

Pantry items

Olive Oil, Butter

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 paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
parsnip	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
lemon	½	1
falafel mix	1 packet	2 packets
red pesto	1 packet (50g)	1 packet (100g)
mayonnaise	1 large packet	2 large packets
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4531kJ (1082Cal)	671kJ (160Cal)
Protein (g)	23.8g	3.5g
Fat, total (g)	71.2g	10.5g
- saturated (g)	14.5g	2.1g
Carbohydrate (g)	84.6g	12.5g
- sugars (g)	18.5g	2.7g
Sodium (mg)	1563mg	231mg

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 **capsicum** and **carrot** into small chunks. Cut the **parsnip** into thick half-moons. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Get prepped

While the veggies are roasting, thinly slice the **red onion**. Finely chop the **garlic**. Zest the **lemon** to get a pinch, then slice into wedges. Using damp hands, roll heaped tablespoons of the **falafel mix** into small balls. Transfer to a plate. You should get 3 falafels per person. In a small bowl, combine the **red pesto**, **mayonnaise** and a splash of **water**. Set aside.



Cook the onion

Heat a large frying pan over a medium heat with the **butter** and a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl.



Make the couscous

While the onion is cooking, heat a medium saucepan over a medium heat with a drizzle of **olive oil**. Add the **water** and **vegetable stock powder**, then bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork. Stir through the **roasted veggies**, **lemon zest** and a squeeze of **lemon juice**.



Cook the falafels

While the couscous is cooking, wipe out the frying pan and return to a 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**, turning, until browned and heated through, **5-7 minutes**. Transfer to a plate lined with paper towel.

TIP: Cook the falafels in batches if your pan is getting crowded!



Serve up

Roughly chop the **parsley** leaves. Divide the veggie couscous between plates. Top with the falafels and garlic sautéed onions. Drizzle over the red pesto dressing and garnish with the parsley. Serve with any remaining lemon wedges.

Enjoy!