



Mediterranean Falafel & Roast Veggie Couscous Bowl

with Dill-Parsley Yoghurt Dressing & Almonds

Grab your Meal Kit with this symbol



Capsicum



Red Onion



Courgette



Garlic



Vegetable Stock Powder



Couscous



Parsley



Lemon



Roasted Almonds



Dill & Parsley Mayonnaise



Greek-Style Yoghurt



Falafel Bites

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

Have a ball with dinner – a ball of lightly spiced chickpeas blended with parsley and coriander, that is! Yep, we’re talking about falafels! With couscous, herby yoghurt dressing, roasted almonds and bright veggies, they make a dinner that’s got the lot.

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 |
| capsicum | 1 | 2 |
| red onion | 1 (medium) | 1 (large) |
| courgette | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| water* (for the couscous) | ¾ cup | 1½ cups |
| vegetable stock powder | 1 sachet | 1 sachet |
| couscous | 1 packet | 1 packet |
| parsley | 1 bunch | 1 bunch |
| lemon | ½ | 1 |
| roasted almonds | 1 packet | 2 packets |
| dill & parsley mayonnaise | 1 packet (50g) | 1 packet (100g) |
| water* (for the dressing) | ½ tbs | 1 tbs |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| falafel bites | 1 packet | 2 packets |
| boiling water* | 3 tbs | 6 tbs |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3655kJ (873Cal) | 619kJ (147Cal) |
| Protein (g) | 30.1g | 5.1g |
| Fat, total (g) | 46.7g | 7.9g |
| - saturated (g) | 5.3g | 0.9g |
| Carbohydrate (g) | 85.1g | 14.4g |
| - sugars (g) | 16.4g | 2.8g |
| Sodium (mg) | 1062mg | 180mg |

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

Bring a kettle of water to the boil. Preheat the oven to **240°C/220°C fan-forced**. Thinly slice the **capsicum** into strips. Cut the **red onion** into 2cm wedges. Cut the **courgette** into 1cm half-moons. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



Cook the falafel

Use your hands to break each **falafel bite** into halves (don't worry if they crumble!). Heat a large frying pan over a high heat. Add the **boiling water** (see ingredients) and **falafel** and cook until the water is evaporated. Once evaporated, add a generous drizzle of **olive oil** to the **falafel** and cook, tossing occasionally, until golden, **2 minutes**. Transfer to a plate lined with paper towel and season with **salt** and **pepper**.



Cook the couscous

While the veggies are roasting, finely chop the **garlic**. In a medium saucepan, heat a generous drizzle of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water (for the couscous)** and **vegetable stock powder** and bring to the boil. Add the **couscous** and another drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



Finish the couscous

While the falafel is cooking add a generous squeeze of **lemon juice**, the **lemon zest**, **parsley** and roasted **veggies** to the **couscous**. Toss to combine.



Get prepped

While the couscous is cooking, roughly chop the **parsley** leaves. Zest the **lemon** to get a pinch, then slice into wedges. Roughly chop the **roasted almonds**. In a small bowl, combine the **dill & parsley mayonnaise**, **water (for the dressing)** and **Greek-style yoghurt**. Season to taste and set aside.



Serve up

Divide the Mediterranean roast veggie couscous between bowls. Top with the falafels. Drizzle over the dill-parsley yoghurt dressing. Garnish with the almonds. Serve with any remaining lemon wedges.

Enjoy!