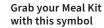


Mediterranean Falafel & Roast Veggie Couscous Bowl

with Dill-Parsley Yoghurt Dressing & Almonds















Courgette







Vegetable Stock Powder





Couscous

Lemon





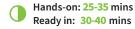
Roasted Almonds Dill & Parsley Mayonnaise



Yoghurt



Falafel Bites



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 \cdot Medium saucepan with a lid \cdot 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	1/2	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 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.



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.



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**.



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.



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!