



Middle Eastern Falafel Rice Bowl with Greens & Herby Yoghurt

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3462kJ (827Cal) | Protein 26.4g | Fat, total 43.1g - saturated 5.2g | Carbohydrate 84.7g - sugars 14.8g | Sodium 801mg
The quantities provided above are averages only.

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2021 | WK22 | X

Get ready

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'll need

(along with the basics)



Large Frying Pan

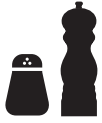


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Falafel Bites	1 tub	2 tubs
Greek-Style Yoghurt	1 medium pkt	1 large pkt

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.

1. Fry



Falafel Bites



Baby Broccoli

2. Chop



Cherry Tomatoes



Roasted Almonds



Lemon



Dill & Parsley Mayonnaise



Greek-Style Yoghurt

3. Zap



Microwavable Basmati Rice



Baby Spinach Leaves



Currants



Mint

- Halve **falafel**. Trim **baby broccoli**
- Heat a frying pan over high heat with a drizzle of **olive oil**
- Cook **falafel** and **baby broccoli** with a generous splash of **water**, tossing, until golden and tender, **4-6 mins**. Season to taste

- Halve **cherry tomatoes**. Chop **almonds**
- Slice **lemon** into wedges
- In a bowl, combine **mayo** and **yoghurt**

- Microwave **rice** until steaming, **2-3 mins**
- In a second bowl, combine **rice**, **spinach** and **currants**
- Divide **rice** between bowls. Top with **falafel**, **baby broccoli**, **tomatoes**, **herb yoghurt** and **almonds**
- Tear over **mint** and serve with **lemon** wedges

