



Middle Eastern Falafel & Roast Cauliflower Salad

with Lemon Yoghurt & Pickled Onion

Grab your Meal Kit with this symbol



Kumara



Cauliflower



Tunisian Seasoning



Red Onion



Flaked Almonds



Lemon



Greek-Style Yoghurt



Falafel Bites



Spinach & Rocket Mix

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Calorie Smart

Hearty falafel bites are the stars of this Middle Eastern feast, and our technique of breaking them up before frying ensures they become crisp and golden. With zingy pickled onion to brighten the flavours plus spiced roasted veggies, this is all the good stuff!

Pantry items

Olive Oil, Rice Wine Vinegar

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 · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------|------------------|-------------------|
| olive oil* | refer to method | refer to method |
| kumara | 1 (medium) | 1 (large) |
| cauliflower | 1 portion (400g) | 2 portions (800g) |
| Tunisian seasoning | 1 sachet | 2 sachets |
| salt* | ¼ tsp | ½ tsp |
| red onion | ½ | 1 |
| rice wine vinegar* | ¼ cup | ½ cup |
| flaked almonds | 1 packet | 2 packets |
| lemon | ½ | 1 |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| falafel bites | 1 packet | 2 packets |
| boiling water* | 3 tbs | 6 tbs |
| spinach & rocket mix | 1 bag (60g) | 1 bag (120g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2449kJ (585Cal) | 399kJ (95Cal) |
| Protein (g) | 23.3g | 3.8g |
| Fat, total (g) | 26g | 4.2g |
| - saturated (g) | 3.7g | 0.6g |
| Carbohydrate (g) | 64.6g | 10.5g |
| - sugars (g) | 21.3g | 3.5g |
| Sodium (mg) | 1640mg | 267mg |

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**. Boil a kettle of water. Peel the **kumara** and cut into bite-sized chunks. Cut the **cauliflower** into small florets. Place the **veggies** on a lined oven tray, sprinkle with the **Tunisian seasoning** and the **salt**, then season with **pepper**. Drizzle generously with **olive oil** and toss to coat. Add a splash of **water** to the tray, then roast until tender, **25-30 minutes**. Set aside to cool slightly.



Cook the falafel

When the veggies have **5 minutes** cook time remaining, use your hands to break each **falafel bite** in half (don't worry if they crumble!). Return the frying pan to a high heat, then cook the **boiling water** (see ingredients) and **falafel**, until all the water has evaporated. Add **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people) to the **falafel** and cook until golden, **2 minutes**. Transfer to a plate lined with paper towel. Season.



Pickle the onion

While the veggies are roasting, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar**, a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the pickling liquid with just enough **water** to cover the onion. Set aside until serving.



Bring it all together

Transfer the roasted **veggies** to a large bowl. Add the **falafel**, **spinach & rocket mix** and a drizzle of **olive oil**. Gently toss to combine.



Prep the toppings

Slice the **lemon** into wedges. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. In a second small bowl, combine the **Greek-style yoghurt** and a squeeze of **lemon juice**. Season to taste. Set aside.



Serve up

Drain the pickled onion. Divide the Middle Eastern falafel and roast cauliflower salad between bowls. Spoon over the lemon yoghurt and top with the pickled onion. Sprinkle with the toasted almonds.

Enjoy!