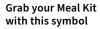


Herby Falafel & Tahini Couscous Bowl with Feta Salsa & Toasted Almonds





Pantry items Olive Oil

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, tahini sauce, flaked almonds and feta salsa, they make a dinner that's got the lot.

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

Medium saucepan with a lid \cdot Medium frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1 (medium)	1 (large)
parsley	1 bunch	1 bunch
mint	1 bunch	1 bunch
lemon	1/2	1
tahini	1 packet (100g)	2 packets (200g)
Greek-style yoghurt	1 small packet	1 large packet
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
flaked almonds	1 packet	2 packets
feta	1 block (25g)	1 block (50g)
falafel bites	1 packet	2 packets

*Pantry Items

	Per Serving	Per 100g
Energy (kJ)	2330kJ (557Cal)	540kJ (129Cal)
Protein (g)	27.4g	6.4g
Fat, total (g)	33.4g	7.7g
- saturated (g)	10.9g	2.5g
Carbohydrate (g)	51.4g	11.9g
- sugars (g)	11.1g	2.6g
Sodium (mg)	2140mg	495mg

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.



Get prepped

Finely chop the **garlic**. Finely chop the **tomato** and **cucumber**. Roughly chop the **parsley** leaves. Pick and roughly chop the **mint** leaves. Slice the **lemon** into wedges.



Make the tahini sauce

In a small bowl, combine the **tahini**, **Greek-style yoghurt** and a generous squeeze of **lemon juice**, then season with **salt** and **pepper**. Set aside.

TIP: Taste and add more lemon juice, salt or pepper if you like.



Make the couscous

In a medium saucepan, heat a drizzle of **olive oil** over a medium heat. Add the **garlic** and cook, stirring, until fragrant, **1-2 minutes**. 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, then stir through the **parsley** and **mint**. Set aside, uncovered, to cool slightly.



Make the salsa

While the couscous is cooking, heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a second small bowl. In a medium bowl, combine the **tomato**, **cucumber** and a drizzle of **olive oil**. Season with **salt** and **pepper**, crumble in the **feta** and stir to combine.



Cook the falafels

Use your hands to break each **falafel bite** into quarters (don't worry if they crumble!). Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the **falafel** and cook, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel and season with **salt** and **pepper**.

6

Serve up

Divide the couscous, falafel and feta salsa between plates. Drizzle with the tahini sauce. Sprinkle with the toasted almonds and serve with any remaining lemon wedges.

Enjoy!

If you have any questions or concerns, please visit hellofresh.co.nz/contact 2020 | CW49