



# Herby Falafel & Tahini Couscous Bowl

with Feta Salsa & Toasted Almonds

Grab your Meal Kit with this symbol



Garlic



Tomato



Cucumber



Parsley



Mint



Tahini



Greek-Style Yoghurt



Lemon



Vegetable Stock Powder



Couscous



Flaked Almonds



Feta



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, tahini sauce, flaked almonds and feta salsa, 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

Medium saucepan with a lid · Medium frying pan

## Ingredients

	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	½	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

## Nutrition

	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](https://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 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.



## 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.



## 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**.



## 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.



## 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!