

Falafel Bites & Roast Veggie Couscous

with Creamy Pesto Yoghurt & Toasted Almonds

Grab your Meal Kit with this symbol



Brown Onion



Beetroot



Peeled & Chopped Pumpkin



Garlic



Baby Spinach Leaves



Parsley



Flaked Almonds



Vegetable Stock Powder



Couscous



Falafel Bites



Creamy Pesto Dressing



Greek-Style Yoghurt

 Hands-on: 25-35 mins
Ready in: 30-40 mins

What's a quick and easy way to bring a new burst of life to a dish? Add a fresh squeeze of lemon juice and colourful roasted veggies to couscous; it adds an extra hit of flavour with every bite! Teamed with warm falafel bites and pesto yoghurt, this dish is all kinds of yum.

Pantry items

Olive Oil, Butter

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 · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
beetroot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (60g)	1 bag (120g)
parsley	1 bunch	1 bunch
flaked almonds	1 packet	2 packets
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
falafel bites	1 packet	2 packets
creamy pesto dressing	1 packet (100g)	2 packets (200g)
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3813kJ (911Cal)	680kJ (163Cal)
Protein (g)	27.1g	4.8g
Fat, total (g)	47.4g	8.5g
- saturated (g)	10g	1.8g
Carbohydrate (g)	94.2g	16.8g
- sugars (g)	20.1g	3.6g
Sodium (mg)	1384mg	247mg

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 **240°C/220°C fan-forced**. Slice the **brown onion** into wedges. Cut the **beetroot** into small chunks. Place the **onion, beetroot** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, add the **salt** and season with **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Cook the falafel

Use your hands to break each **falafel bite** into halves (don't worry if they crumble!). When the veggies have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with **olive oil** (1/4 cup for 2 people/ 1/2 cup for 4 people). When the oil is hot, cook the **falafel**, tossing, until deep golden brown, **5-6 minutes**. Season with **salt** and **pepper**. Transfer to a plate lined with a paper towel.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Roughly chop the **baby spinach leaves** and **parsley** leaves. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing occasionally, until golden, **2-3 minutes**. Transfer to a bowl.



Bring it all together

When the veggies are done, add them to the **couscous** along with the **baby spinach** and **parsley**. Toss to combine. Season to taste. In a small bowl, combine the **creamy pesto dressing** and **Greek-style yoghurt**.



Make the garlic couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water** and **vegetable stock powder** and bring to the boil. Add the **couscous**. 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.



Serve up

Divide the roast veggie couscous and falafel bites between bowls. Top with the creamy pesto yoghurt and sprinkle with the toasted almonds.

Enjoy!