



Turkish Falafels & Sumac Fries

with Pistachio Salad & Cucumber Garlic Sauce

Grab your Meal Kit with this symbol



Potato



Turkish Sumac Seasoning



Tomato



Carrot



Cucumber



Garlic Dip



Falafel Mix



Pistachios



Mixed Salad Leaves

Hands-on: 20-30 mins
Ready in: 30-40 mins

Plant Based

Make friends with plant-based ingredients by teaming crisp falafels with some stellar sides: hand cut sumac fries, pistachio salad, and a tzatziki-style garlic sauce that doubles as a salad dressing.

Pantry items

Olive Oil, Red Wine Vinegar (or White 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
potato	2	4
Turkish sumac seasoning	1 sachet	2 sachets
tomato	1	2
carrot	½	1
cucumber	1 (medium)	1 (large)
garlic dip	1 large packet	2 large packets
falafel mix	1 packet	2 packets
pistachios	1 packet	2 packets
mixed salad leaves	1 bag (30g)	1 bag (60g)
red wine vinegar* (or white wine vinegar)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3085kJ (737Cal)	561kJ (134Cal)
Protein (g)	20.2g	3.7g
Fat, total (g)	41.2g	7.5g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	70.8g	12.9g
- sugars (g)	17.3g	3.1g
Sodium (mg)	1210mg	220mg

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**. Sprinkle the **Turkish sumac seasoning** over the fries and toss to coat.



Get prepped

Slice the **tomato** into wedges. Grate the **carrot** (see ingredients). Grate 1/2 the **cucumber** and use a paper towel or clean cloth to squeeze out the excess water. Roughly chop the remaining **cucumber**. In a medium bowl, combine the **garlic dip** and grated **cucumber**. Set aside. In a medium bowl, combine the **falafel mix** and grated **carrot**.



Toast the pistachios

Roughly chop the **pistachios**. Heat a large frying pan over a medium-high heat. Toast the **pistachios** until golden, **3-4 minutes**. Transfer to a bowl and set aside.



Cook the falafels

Using damp hands, roll heaped tablespoons of the **falafel mixture** into small balls. Transfer to a plate. You should get about 3 falafels per person. 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 **falafels**, turning, until browned and heated through, **5-7 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate lined with paper towel.



Toss the salad

In a large bowl, combine the **mixed salad leaves**, **tomato**, remaining **cucumber** and a drizzle of **red wine vinegar** and **olive oil**. Season to taste.



Serve up

Divide the Turkish falafels, sumac fries and salad between plates. Dollop over the cucumber garlic sauce. Sprinkle the toasted pistachios over the salad to serve.

Enjoy!