



Mediterranean Falafel & Spinach-Tomato Medley with Onion Couscous & Plant-Based Pesto Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Brown Onion



Red Radish



Tomato



Baby Spinach Leaves



Plant-Based Aioli



Plant-Based Basil Pesto



Lemon Pepper Seasoning



Couscous



Spinach Falafel



Flaked Almonds



Chicken Breast

Prep in: 25-35 mins
Ready in: 25-35 mins



Plant Based[^]
[^]Custom Recipe is not Plant Based



Eat Me Early*
*Custom Recipe only

Imagine a bed of couscous infused with an onion and lemon pepper flavour you love, then topped with sesame falafel and a refreshing spinach-tomato medley on top. Now you can stop imagining because here it is, ready for you to devour!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
red radish	2	4
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
plant-based aioli	1 packet	2 packets
plant-based basil pesto	1 medium packet	1 large packet
water* (for the sauce)	½ tbs	1 tbs
lemon pepper seasoning	1 medium sachet	2 medium sachets
water* (for the couscous)	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
couscous	1 medium packet	1 large packet
spinach falafel	1 tub	2 tubs
vinegar* (white wine or balsamic)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3548kJ (848Cal)	852kJ (204Cal)
Protein (g)	23.2g	5.6g
Fat, total (g)	49.8g	12g
- saturated (g)	6.3g	1.5g
Carbohydrate (g)	70.6g	17g
- sugars (g)	15.5g	3.7g
Sodium (mg)	1800mg	432mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4295kJ (1027Cal)	739kJ (177Cal)
Protein (g)	57.6g	9.9g
Fat, total (g)	54.2g	9.3g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	70.8g	12.2g
- sugars (g)	15.5g	2.7g
Sodium (mg)	1882mg	324mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

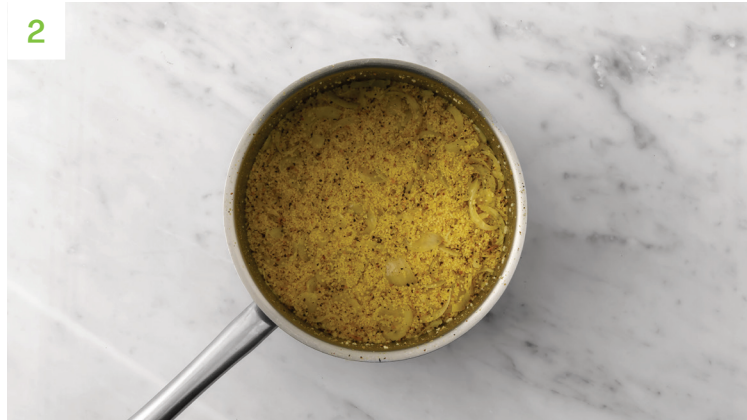
- Thinly slice **brown onion** (see ingredients) and **red radish**.
- Roughly chop **tomato** and **baby spinach leaves**.
- In a small bowl, combine **plant-based aioli**, **plant-based basil pesto** and the **water (for the sauce)**.



Cook the falafels

- Meanwhile, cut or tear each **spinach falafel** into quarters (don't worry if they crumble!).
- In a large frying pan, heat **olive oil** (¼ cup for 2 people / ½ cup for 4 people) over medium-high heat. When oil is hot, cook **falafels**, tossing, until deep golden brown, **4-6 minutes**. Transfer to a paper towel-lined plate.

Custom Recipe: If you've added chicken breast, after removing the falafel from the pan, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Return large frying pan to medium-high heat, with a drizzle of olive oil. Cook chicken steaks, until browned and cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Make the onion couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring, until softened, **4-5 minutes**. Add **lemon pepper seasoning** and cook until fragrant, **1 minute**.
- Add the **water (for the couscous)** and the **salt** and bring to the boil. Add **couscous**, stir to combine. Cover with a lid and remove from the heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork. Season to taste.



Serve up

- Meanwhile, in a large bowl, add tomato, radish, baby spinach, falafels and a drizzle of **vinegar** and olive oil. Season and toss to combine.
- Divide onion couscous between bowls. Top with Mediterranean falafel and spinach-tomato medley.
- Drizzle over plant-based pesto aioli sauce. Top with **flaked almonds** to serve. Enjoy!

Custom Recipe: Slice chicken and divide between bowls with falafel and spinach-tomato medley.

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate