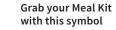


Falafel & Charred Corn Salsa Toss

with Garlic Rice, Chimichurri & Plant-Based Aioli

EXPLORER















Sweetcorn

Spinach Falafel





Baby Spinach



Chimichurri Sauce



Prep in: 20-30 mins Ready in: 30-40 mins

Plant-Based* *Custom Recipe is not Plant-Based

Enjoy our delicious spinach falafels with a rich depth of flavour. Toss them with a perfectly sweet medley, which gets a bright and herby hit of flavour from our chimichurri. Serve over fluffy garlic-infused rice and don't forget to drizzle it all with our plantbased aioli for creaminess.

Pantry items Olive Oil

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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
basmati rice	1 medium packet	1 large packet	
water*	1½ cups	3 cups	
sweetcorn	1 medium tin	1 large tin	
spinach falafel	1 packet	2 packets	
tomato	1	2	
baby spinach leaves	1 small packet	1 medium packet	
chimichurri sauce	1 medium packet	1 large packet	
plant-based aioli	1 packet	2 packets	
haloumi**	1 packet	2 packets	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3772kJ (902Cal)	1025kJ (245Cal)
Protein (g)	21.1g	5.7g
Fat, total (g)	46.2g	12.6g
- saturated (g)	6.3g	1.7g
Carbohydrate (g)	93g	25.3g
- sugars (g)	9.7g	2.6g
Sodium (mg)	1419mg	386mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4924kJ (1177Cal)	1075kJ (257Cal)
Protein (g)	38.2g	8.3g
Fat, total (g)	69g	15.1g
- saturated (g)	20.7g	4.5g
Carbohydrate (g)	94.1g	20.5g
- sugars (g)	10.7g	2.3g
Sodium (mg)	2454mg	536mg

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.



Make the garlic rice

- Finely chop garlic.
- In a medium saucepan, heat a drizzle of olive oil over medium heat. Cook garlic until fragrant,
 1-2 minutes.
- Add basmati rice, the water and a generous pinch of salt. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for 10 minutes, then remove from heat.
- Keep covered until rice is tender and water is absorbed, 10 minutes.

TIP: The rice will finish cooking in its own steam, so don't peek!

Custom Recipe: If you've added haloumi, cut haloumi into 1cm-thick slices. Place haloumi in a medium bowl and cover with water.



Char the corn & prep falafel

- While the rice is cooking, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook corn kernels until lightly browned, 4-5 minutes.
 Transfer to a large bowl.
- Meanwhile, cut or tear each spinach falafel into quarters (don't worry if they crumble!).

TIP: Cover the pan with a lid if the kernels are "popping" out.



Cook the falafel

- Return frying pan to medium-high heat with some olive oil (¼ cup for 2 people / ½ cup for 4 people).
- When oil is hot, cook **falafels**, tossing, until deep golden brown, **4-6 minutes**.
- Transfer to a paper towel-lined plate.

Custom Recipe: After cooking the falafels, drain haloumi and pat dry. Return frying pan, to medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side.



Prep the salsa

 While the falafels are cooking, roughly chop tomato and baby spinach leaves.



Bring it all together

- Add tomato, spinach, cooked falafel, chimichurri sauce and a drizzle of olive oil to bowl with charred corn.
- · Toss to combine. Season to taste.
- In a small bowl, combine plant-based aioli and a splash of water.



Serve up

- Divide garlic rice between bowls. Top with falafel and charred corn salsa toss.
- Drizzle with plant-based aioli to serve. Enjoy!

Custom Recipe: Top with haloumi slices.