



# Spinach Falafel & Corn Salsa Rice Bowl

with Chimichurri & Plant-Based Aioli

Grab your meal kit with this number

7



Garlic



Basmati Rice



Sweetcorn



Spinach Falafel



Tomato



Baby Spinach Leaves



Chimichurri Sauce



Plant-Based Aioli



Haloumi



Beef Strips

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

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 plant-based aioli for creaminess.

## Pantry items

Olive Oil

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
<b>water*</b>	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 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3730kJ (891Cal)	1087kJ (260Cal)
Protein (g)	19.5g	5.7g
Fat, total (g)	45.4g	13.2g
- saturated (g)	6g	1.7g
Carbohydrate (g)	93.4g	27.2g
- sugars (g)	10g	2.9g
Sodium (mg)	1314mg	383mg
Dietary Fibre (g)	21.3g	6.2g

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

1



## 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!

4



## Prep the salsa

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

2



## 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.

5



## Bring it all together

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

3



## 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.

6



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



## CUSTOM OPTIONS



### ADD HALOUMI

Cut into bite-sized chunks. Cook until browned, 3-4 minutes.



### ADD BEEF STRIPS

Follow method above, cooking beef in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

