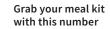


Mediterranean Falafel & Crisp Tomato Medley

with Onion Couscous & Plant-Based Pesto Aioli

CLIMATE SUPERSTAR













Tomato

Baby Spinach





Plant-Based

Plant-Based





Lemon Pepper Seasoning

Couscous



Spinach Falafel

Flaked Almonds





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



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!

Pantry items

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 a lid · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1/2	1	
red radish	2	4	
tomato	1	2	
baby spinach leaves	1 small packet	1 medium packet	
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 sachet	2 sachets	
water* (for the couscous)	3⁄4 cup	1½ cups	
salt*	1/4 tsp	½ tsp	
couscous	1 medium packet	1 large packet	
spinach falafel	1 packet	2 packets	
vinegar* (white wine or balsamic)	drizzle	drizzle	
flaked almonds	1 medium packet	1 large packet	
*Pantry Items			

Nutrition

Per Serving	Per 100g
3548kJ (848cal)	423kJ (101cal)
23.2g	2.8g
49.8g	5.9g
6.3g	0.8g
70.6g	8.4g
15.5g	1.8g
1800mg	214.8mg
19.2g	2.3g
	3548kJ (848cal) 23.2g 49.8g 6.3g 70.6g 15.5g 1800mg

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.



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).



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 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.



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.



Serve up

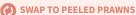
- While the falafels are cooking, in a large bowl, add tomato, radish, spinach, falafels and a drizzle of the vinegar and olive oil. Season and toss to combine.
- Divide onion couscous between bowls. Top with Mediterranean falafel and crisp tomato medley. Sprinkle over **flaked almonds** to serve. Enjoy!



CUSTOM



Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

