



Mediterranean Falafel & Crisp Tomato Medley

with Onion Couscous & Plant-Based Pesto Aioli

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



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



Peeled Prawns

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

Plant Based

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

Olive Oil, Vinegar (White Wine or Balsamic)

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

	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 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)	¾ cup	1½ cups
salt*	¼ 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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3548kJ (848cal)	423kJ (101cal)
Protein (g)	23.2g	2.8g
Fat, total (g)	49.8g	5.9g
- saturated (g)	6.3g	0.8g
Carbohydrate (g)	70.6g	8.4g
- sugars (g)	15.5g	1.8g
Sodium (mg)	1800mg	214.8mg
Dietary Fibre (g)	19.2g	2.3g

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

2024 | CW45



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 OPTIONS



ADD CHICKEN BREAST

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



SWAP TO PEELED PRAWNS

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



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.



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!

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

