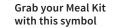


# Falafel & Charred Corn Salsa Toss

with Chimichurri, Garlic Rice & Plant-Based Aioli

CLIMATE SUPERSTAR















Sweetcorn

Spinach Falafel





Garlic & Herb



Seasoning

Tomato



Baby Spinach



Chimichurri Sauce



Plant-Based Aioli





Give already delicious spinach falafel a rich depth of flavour by adding our garlic and herb seasoning to the pan in the last

Ready in: 30-40 mins Plant Based\* \*Custom Recipe is not Plant Based

minute of cook-time. Then, toss them with a perfectly sweet and juicy salsa, 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, Plant-Based Butter

## 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
plant-based butter*	20g	40g	
basmati rice	1 medium packet	1 large packet	
water*	1½ cups	3 cups	
sweetcorn	1 tin (125g)	1 tin (300g)	
spinach falafel	1 tub	2 tubs	
garlic & herb seasoning	1 medium sachet	1 large sachet	
tomato	1	2	
baby spinach leaves	1 small bag	1 medium bag	
chimichurri sauce	1 medium packet	1 large packet	
plant-based aioli	1 medium packet	2 medium packets	
haloumi**	1 packet	2 packets	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4097kJ (979Cal)	1066kJ (255Cal)
Protein (g)	21.6g	5.6g
Fat, total (g)	52.9g	13.8g
- saturated (g)	8g	2.1g
Carbohydrate (g)	96.8g	25.2g
- sugars (g)	10.8g	2.8g
Sodium (mg)	1832mg	476mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>5249kJ</b> (1255Cal)	1106kJ (264Cal)
Protein (g)	38.7g	8.2g
Fat, total (g)	75.6g	15.9g
- saturated (g)	22.4g	4.7g
Carbohydrate (g)	98g	20.7g
- sugars (g)	11.8g	2.5g
Sodium (mg)	2867mg	604mg

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 the plant-based butter with a dash 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. In a medium bowl, add haloumi and cover with water.



# Prep the salsa

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



# 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** (1/4 cup for 2 people / 1/2 cup for 4 people).
- When oil is hot, cook falafels, tossing, until deep golden brown, 4-6 minutes.
- · In the last minute, add garlic & herb seasoning, tossing falafel, until fragrant.
- 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.



# 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.



# 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.

