



Falafel & Chermoula Coconut Sauce

with Cherry Tomato Couscous Toss & Almonds

Grab your Meal Kit with this symbol



Carrot



Garlic



Vegetable Stock Powder



Couscous



Spinach Falafel



Cherry/ Snacking Tomatoes



Mixed Leaves



Chermoula Spice Blend



Coconut Milk



Slivered Almonds



Herbs

Prep-in: 20-30 mins
Ready in: 25-35 mins

Plant Based

Thanks to our ready-to-cook spinach falafel, this plant-based dish comes together in four simple steps. Cooking the falafel in the pan makes them golden and crisp on the outside, a lovely contrast against the fluffy couscous - which soaks up the creamy sauce like a treat. Sweet cherry tomato and peppery herbs balance out the richness, while the almonds add some extra crunch.

Pantry items

Olive Oil, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|--------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| carrot | ½ | 1 |
| garlic | 2 cloves | 4 cloves |
| water* | ¾ cup | 1½ cups |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| couscous | 1 medium packet | 1 large packet |
| spinach falafel | 1 tub | 2 tubs |
| cherry/snacking tomatoes | 1 punnet | 2 punnets |
| mixed leaves | 1 small bag | 1 medium bag |
| chermoula spice blend | 1 medium sachet | 1 large sachet |
| coconut milk | 1 medium tin | 1 large tin |
| brown sugar* | 1 tsp | 2 tsp |
| slivered almonds | 1 medium packet | 1 large packet |
| herbs | 1 bag | 1 bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3277kJ (783Cal) | 775kJ (185Cal) |
| Protein (g) | 23.4g | 5.5g |
| Fat, total (g) | 40.6g | 9.6g |
| - saturated (g) | 17.2g | 4.1g |
| Carbohydrate (g) | 73.5g | 17.4g |
| - sugars (g) | 12.6g | 3g |
| Sodium (mg) | 1948mg | 460mg |

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



Cook the couscous

- Grate **carrot** (see ingredients). Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**.
- Add the **water** and **vegetable stock powder** and bring to boil. Add **couscous**, stirring to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.



Cook the sauce & finish the couscous

- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**. Cook **chermoula spice blend** and remaining **garlic** until fragrant, **1 minute**. Stir in **coconut milk** and the **brown sugar** and cook, stirring, until slightly thickened, **1-2 minutes**. Season with **salt** and **pepper** to taste. Set aside.
- Add **cherry tomatoes** and **mixed leaves** to pan with **couscous**. Stir to combine. Season to taste.

TIP: Add a splash of water to the sauce if it looks too thick.



Cook the falafel

- While the couscous is cooking, cut or tear each **spinach falafel** into quarters (don't worry if they crumble!).
- In a large frying pan, heat **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people) over medium-high heat. When oil is hot, cook **falafels**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a paper towel-lined plate.
- Meanwhile, halve **cherry tomatoes**. Roughly chop **mixed leaves**.



Serve up

- Divide cherry tomato couscous and spinach falafel between bowls.
- Spoon over chermoula sauce.
- Sprinkle over **slivered almonds**. Tear over **herb** leaves to serve.

Enjoy!

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