



# Falafel & Green Bean Couscous with Dill Yoghurt Dressing & Onion Chutney

**FRESH & FAST** Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



## Recipe Update

Due to recent sourcing challenges, we've replaced roasted almonds with slivered almonds, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

**Nutrition Per Serving:** Energy 4418kJ (1056Cal) | Protein 26.9g | Fat, total 68g - saturated 8.6g | Carbohydrate 78.2g - sugars 24.4g | Sodium 2031mg  
The quantities provided above are averages only.

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2022 | WK41 | AL





# Get ready

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'll need

(along with the basics)



Large Frying Pan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Spinach Falafel	1 tub	2 tubs
Trimmed Green Beans	1 medium bag	1 large bag
Couscous With Roasted Vegetables	1 medium pkt	2 medium pkts
Dill & Parsley Mayonnaise	1 large pkt	2 large pkts
Greek-Style Yoghurt	1 medium pkt	1 large pkt
Caramelised Onion Chutney	1 pkt (40g)	2 pkts (80g)

## 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. Sizzle



Spinach Falafel



Trimmed Green Beans



Garlic & Herb Seasoning

## 2. Zap



Couscous With Roasted Vegetables



Tomato



Dill & Parsley Mayonnaise



Greek-Style Yoghurt

## 3. Toss



Baby Spinach Leaves



Caramelised Onion Chutney



Slivered Almonds



Dill

- Cut or tear each **falafel** into quarters (don't worry if they crumble!)
- In a large frying pan, heat a generous drizzle of **olive oil** over high heat
- When oil is hot, cook **falafel** and **green beans**, tossing, until falafel is deep golden brown and beans are tender, **4-6 min**
- Add another drizzle of **oil** and the **seasoning**. Toss until fragrant, **1 min**

- Meanwhile, zap **couscous** until hot, **2-3 mins**
- Roughly chop **tomato**
- In a bowl, combine **mayo** and **yoghurt**

- To **couscous**, add **spinach** and **tomato**. Toss
- Plate up **couscous**, **falafel** and **beans**
- Spoon over **yoghurt dressing**. Top with **onion chutney** and **slivered almonds**
- Tear over **dill** to serve. Enjoy!



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