



Falafel, Kale & Cherry Tomato Medley

with Garlic Rice, Chimichurri & Plant-Based Aioli

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Spinach Falafel



Garlic & Herb Seasoning



Snacking Tomatoes



Baby Kale



Chimichurri Sauce



Plant-Based Aioli



Haloumi

Prep in: 20-30 mins
Ready in: 30-40 mins

Give already delicious spinach falafel a rich depth of flavour by adding our garlic and herb seasoning to the pan in the last minute of cook-time. Then, toss them with a perfectly sweet medley, 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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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
snacking tomatoes	1 punnet	2 punnets
baby kale	1 medium bag	1 large bag
chimichurri sauce	1 medium packet	1 large packet
plant-based aioli	1 packet	2 packets
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4134kJ (988Cal)	941kJ (225Cal)
Protein (g)	22.4g	5.1g
Fat, total (g)	53g	12.1g
- saturated (g)	8g	1.8g
Carbohydrate (g)	97.8g	22.3g
- sugars (g)	9.8g	2.2g
Sodium (mg)	1856mg	422mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5286kJ (1263Cal)	998kJ (239Cal)
Protein (g)	39.5g	7.5g
Fat, total (g)	75.7g	14.3g
- saturated (g)	22.4g	4.2g
Carbohydrate (g)	98.9g	18.7g
- sugars (g)	10.8g	2g
Sodium (mg)	2891mg	546mg

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



1



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.

4



Get prepped

- While the falafel are cooking, halve **snacking tomatoes**.

2



Char the corn

- 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.

5



Bring it all together

- To the bowl with charred **corn**, add **snacking tomatoes**, **baby kale**, 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**.

3



Cook the falafel

- Return frying pan to medium-high heat with some **olive oil** (¼ cup for 2 people / ½ cup for 4 people).
- When oil is hot, cook **falafel**, 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. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.

6



Serve up

- Divide garlic rice between bowls. Top with falafel and kale and cherry tomato medley.
- Drizzle with plant-based aioli to serve. Enjoy!

Custom Recipe: Top with haloumi slices.

Rate your recipe

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