



Falafel & Middle Eastern Roast Veggie Toss

with Herby Yoghurt, Fetta & Almonds

Grab your Meal Kit with this symbol



Potato



Carrot



Capsicum



Chermoula Spice Blend



Cucumber



Salad Leaves



Flaked Almonds



Spinach Falafel



Greek-Style Yoghurt



Dill & Parsley Mayonnaise



Fetta Cubes

Prep in: **25-35 mins**
Ready in: **35-45 mins**



Hearty spinach falafel is the star of this colourful dish, with the chermoula-spiced roasted veg coming in at a close second. We've also halved the potato quantity and added pumpkin to keep the carbs in check. Tie it all together with a dill and parsley yoghurt, pickled cucumber, plus crumbled fetta, to make it even better. Don't forget the flaked almond garnish for some crunch!

Pantry items

Olive Oil, Rice Wine Vinegar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
capsicum	1	2
chermoula spice blend	1 medium sachet	2 medium sachets
cucumber	½	1
rice wine vinegar*	¼ cup	½ cup
spinach falafel	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
salad leaves	1 medium bag	1 large bag
fetta cubes	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2715kJ (649Cal)	478kJ (114Cal)
Protein (g)	22.8g	4g
Fat, total (g)	37.2g	6.5g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	49.8g	8.8g
- sugars (g)	20.1g	3.5g
Sodium (mg)	1701mg	299mg

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.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato**, **carrot** and **capsicum** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and season with a pinch of **pepper**.
- Roast until tender, **25-30 minutes**. Set aside to cool slightly.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Prep the herby yoghurt

- In a small bowl, combine **Greek-style yoghurt**, **dill & parsley mayonnaise** and a splash of the **pickling liquid**.
- Season to taste. Set aside.



Pickle the cucumber

- Meanwhile, thinly slice **cucumber** into half-moons (see ingredients).
- In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add just enough water to cover the **cucumber**. Set aside.



Bring it all together

- Drain **pickled cucumber**.
- Transfer the slightly cooled **roasted veggies** to a bowl.
- Add **salad leaves** and **pickled cucumber**. Drizzle with **olive oil**. Gently toss to combine.



Cook the falafel

- When the veggies have **10 minutes** remaining, use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!).
- In a large frying pan, heat some **olive oil** (1/4 cup for 2 people/ 1/2 cup for 4 people) over medium-high heat. When oil is hot, cook **falafel pieces**, tossing, until deep golden brown, **4-6 minutes**.
- Season generously, then transfer to a paper towel-lined plate.



Serve up

- Divide Middle Eastern roast veggie toss between bowls. Top with falafel, some herby yoghurt and crumbled **fetta cubes**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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