



Falafel & Chermoula Roast Veggie Toss

with Herby Yoghurt, Fetta & Almonds

CLIMATE SUPERSTAR

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

Calorie Smart

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 carrot and capsicum to keep the carbs in check. Tie it all together with a herby 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, Vinegar (White Wine or Rice Wine)

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

Oven tray 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	1 large sachet
cucumber	½	1
vinegar* (white wine or rice wine)	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)	2719kJ (649Cal)	514kJ (122Cal)
Protein (g)	22.7g	4.3g
Fat, total (g)	37.9g	7.2g
- saturated (g)	7.7g	1.5g
Carbohydrate (g)	49.3g	9.3g
- sugars (g)	20.3g	3.8g
Sodium (mg)	1742mg	330mg

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**. Toss to coat.
- 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 toppings

- In another 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** (see ingredients) into half moons.
- In a small bowl, combine the **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 a little **olive oil**. Gently toss to combine.



Cook the falafel

- **See 'air fryer tips!' (below)**. 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 chermoula roast veggies between bowls. Top with falafel, some herby yoghurt and crumbled **fetta cubes**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

Use an air fryer!

1. Set your air fryer to 200°C. Prep falafel as above.
2. In a medium bowl, combine falafel with a drizzle of olive oil.
3. Place in air fryer basket and bake until heated through, 4-5 minutes.

We're here to help!

Scan here if you have any questions or concerns



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