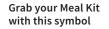


Falafel & Chermoula Roast Veggie Toss

with Herby Yoghurt, Fetta & Almonds

CLIMATE SUPERSTAR













Chermoula Spice





Salad Leaves

Cucumber



Flaked Almonds



Spinach Falafel









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	1/2	1
vinegar* (white wine or rice wine)	1⁄4 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.



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.



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.



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.



Bring it all together

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



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!



- 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 need your expertise!

We're here to help!

Scan here if you have any questions or concerns