



Falafel & Roast Cauliflower Bowl

with Cherry Tomato Salad & Hummus

Grab your Meal Kit with this symbol



Red Onion



Cauliflower



Spinach Falafel



Cherry Tomatoes



Cucumber



Hummus



Flaked Almonds



Rocket Leaves



Plant-Based Mayonnaise

Hands-on: 20-30 mins
 Ready in: 30-40 mins
 Naturally gluten-free
Not suitable for Coeliacs

Carb Smart
 Plant Based

These warm flavourful falafels are the perfect match for roasted cauliflower and a refreshing cherry tomato salad. Bonus: it's a super easy, low carb meal that you'll want again and again!

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

Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
cauliflower	1 portion (200g)	1 portion (400g)
spinach falafel	1 tub	2 tubs
cherry tomatoes	1 punnet	2 punnets
cucumber	1	2
hummus	1 tub (100g)	1 tub (200g)
flaked almonds	1 medium packet	1 large packet
rocket leaves	1 bag (30g)	1 bag (60g)
plant-based mayonnaise	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2702kJ (645Cal)	481kJ (114Cal)
Protein (g)	14.3g	2.5g
Fat, total (g)	65.2g	11.6g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	17g	3g
- sugars (g)	13.7g	2.4g
Sodium (mg)	1562mg	278mg
Dietary Fibre (mg)	12.9g	2.3g

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.



Pickle the onion

Preheat the oven to **240°C/220°C fan-forced**. Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **red onion** in your hands then add to the **pickling liquid**. Add just enough water to cover the **onion** and stir to coat. Set aside until serving.



Roast the cauliflower

Chop the **cauliflower** into small florets. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast for **15-20 minutes**.



Get prepped

While the cauliflower is roasting, use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!). Halve the **cherry tomatoes**. Roughly chop the **cucumber**. In a small bowl, combine the **hummus** and a generous splash of **water**. Set aside. Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Cook the falafel

Return the medium frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the **falafels** and cook, tossing, for **4-6 minutes** or until deep golden brown. Transfer to a paper-towel lined plate. Season the **falafels** with **salt**.



Make the salad

In a medium bowl, combine a small drizzle of the **pickling liquid** and **olive oil**. Drain the pickled **onions**, **cherry tomatoes**, **cucumber** and **rocket leaves** to the dressing. Toss to combine. Season to taste.



Serve up

Divide roast cauliflower, falafel and cherry tomato salad between bowls. Drizzle the hummus over the falafel and cauliflower. Sprinkle over the toasted almonds. Serve with a dollop of **plant-based mayonnaise**.

Enjoy!