



# Falafel & Spiced Roast Cauliflower

with Couscous & Plant-Based Pesto Aioli

Grab your Meal Kit with this symbol



Carrot



Cauliflower



Nan's Special Seasoning



Red Onion



Couscous



Vegetable Stock Powder



Baby Spinach Leaves



Flaked Almonds



Italian Dressing



Parsley



Plant-Based Aioli



Plant-Based Basil Pesto



Spinach Falafel

Prep in: 15-25 mins  
Ready in: 25-35 mins

Plant based

Plant-based ingredients bring out the best in each other in this new and noteworthy dish that's stick-to-your-ribs satisfying!

### Pantry items

Olive Oil, White 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 saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
cauliflower	1 medium portion	1 large portion
Nan's special seasoning	1 medium sachet	1 large sachet
red onion	½	1
<b>white wine vinegar*</b>	¼ cup	½ cup
<b>water*</b>	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
spinach falafel	1 tub	2 tubs
plant-based basil pesto	1 medium packet	1 large packet
plant-based aioli	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
Italian dressing	1 packet	2 packets
parsley	1 bag	1 bag
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3882kJ (928Cal)	759kJ (181Cal)
Protein (g)	24.9g	4.9g
Fat, total (g)	53.9g	10.5g
- saturated (g)	6.6g	1.3g
Carbohydrate (g)	79.3g	15.5g
- sugars (g)	20.7g	4g
Sodium (mg)	2344mg	458mg

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](https://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!

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2022 | CW24



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thickly slice **carrot** into half-moons. Cut **cauliflower** into small florets.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Nan's special seasoning** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **15-20 minutes**.

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



## Cook the falafel & finish the couscous

- Break each **spinach falafel** into quarters using your hands (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**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a paper towel-lined plate. Season with **salt**.
- While the falafel are cooking, combine **plant-based basil pesto**, **plant-based aioli** and a drizzle of **water** in a small bowl. Season to taste.
- Fluff up **couscous** with a fork, then gently stir in **baby spinach leaves**, roasted **veggies** and **Italian dressing**. Season to taste.



## Pickle the onion & start the couscous

- Meanwhile, thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover **onion**, then set aside.
- In a medium saucepan, combine the **water** and **vegetable stock powder**. Bring to the boil, then add **couscous**, stirring to combine. Cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**.



## Serve up

- Drain pickled onion.
- Divide spiced roast cauliflower couscous between bowls. Top with falafel.
- Drizzle with plant-based pesto aioli. Tear over **parsley** leaves. Spoon over some pickled onion. Sprinkle with **flaked almonds** to serve. Enjoy!

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