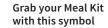


Falafel & Spiced Roast Cauliflower with Couscous & Plant-Based Pesto Aioli















Nan's Special



Seasoning







Couscous

Vegetable Stock





Baby Spinach



Italian Dressing



Flaked Almonds



Plant-Based



Plant-Based Basil Pesto



Spinach Falafel



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



Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	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	1/2	1	
white wine vinegar*	1/4 cup	½ cup	
water*	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 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.
- 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!

