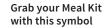


Greek-Style Falafel & Oregano Fries with Plant-Based Tzatziki, Salad & Almonds











Potato

Dried Oregano





Spinach Falafel





Tomato

Cucumber





Coconut Yoghurt



Plant-Based Aioli



Mixed Salad Leaves



Flaked Almonds



Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar



Not suitable for coeliacs



Make friends with plant-based ingredients by teaming ready-to-cook falafel with some stellar sides: hand cut oregano fries, caramelised onion, and a coconut yoghurt-based tzatziki that doubles as a salad dressing.

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
dried oregano	½ sachet	1 sachet	
red onion	1	2	
balsamic vinegar*	1 tbs	2 tbs	
water*	½ tbs	1 tbs	
brown sugar*	1 tsp	2 tsp	
spinach falafel	1 packet	2 packets	
cucumber	1	2	
tomato	1	2	
mint	1 bag	1 bag	
plant-based coconut yoghurt	1 medium packet	1 large packet	
plant-based aioli	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
mixed salad leaves	1 small bag	1 medium bag	
flaked almonds	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3083kJ (736Cal)	496kJ (118Cal)
Protein (g)	21.5g	3.5g
Fat, total (g)	40g	6.4g
- saturated (g)	8.3g	1.3g
Carbohydrate (g)	64.5g	10.4g
- sugars (g)	17.1g	2.8g
Sodium (mg)	1171mg	188mg

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.



Bake the fries

Preheat the oven to 240°C/220°C fan-forced. Cut the potato into fries. Place on a lined oven tray. Drizzle with olive oil, sprinkle over the dried oregano (see ingredients) and season with salt. Toss to coat. Bake until tender, 20-25 minutes.

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



Caramelise the onions

While the fries are baking, thinly slice the **red onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium. Add the **balsamic vinegar**, the **water** and **brown sugar**. Mix well, then cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl and cover to keep warm.



Cook the falafel

When the onion is almost done, cut or tear each **spinach falafel** into quarters (don't worry if they crumble!). Wipe out the frying pan, then return to a medium-high heat with some **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people). When the oil is hot, cook the **falafel**, tossing occasionally, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel.



Prep the tzatziki & salad

While the falafel is cooking, finely chop 1/2 the cucumber, then roughly chop the remainder. Roughly chop the tomato. Pick and thinly slice the mint leaves. In a small bowl, combine the mint, finely chopped cucumber, plant-based coconut yoghurt, plant-based aioli and a drizzle of white wine vinegar. Season to taste, then set aside.



Make the salad

In a medium bowl, combine the **mixed salad leaves** and roughly chopped **cucumber** and **tomato**. Drizzle with **olive oil**. Season with **salt** and **pepper**. Toss to coat.



Serve up

Divide the Greek-style falafel, oregano fries and garden salad between plates. Top the falafel with the caramelised onion. Sprinkle over the **flaked almonds**. Serve with a dollop of plant-based tzatziki.

Enjoy!

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