



Greek-Style Falafel & Oregano Fries

with Plant-Based Tzatziki, Salad & Almonds

Grab your Meal Kit with this symbol



Potato



Dried Oregano



Red Onion



Spinach Falafel



Cucumber



Tomato



Mint



Plant-Based Coconut Yoghurt



Plant-Based Aioli



Mixed Salad Leaves



Flaked Almonds

Hands-on: 20-30 mins
 Ready in: 30-40 mins
 Naturally Gluten-Free
Not suitable for coeliacs

Plant Based

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.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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 · Large frying pan

Ingredients

	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.

1



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.

2



Caramelize 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.

3



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.

4



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.

5



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.

6



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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