



Italian Falafel & Couscous Bowl

with Roasted Veggies & Red Pesto Dressing

Grab your Meal Kit with this symbol



Capsicum



Carrot



Zucchini



Red Onion



Garlic



Lemon



Spinach Falafel



Parsley



Red Pesto



Mayonnaise



Flaked Almonds



Vegetable Stock



Couscous

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

What's a quick and easy way to bring a rich and tasty flavour to a dish? Add our moreish red pesto dressing that adds an extra burst of flavour with every bite! Teamed with spinach falafel, crunchy almonds and roasted veggies, this dish is all kinds of yum.

Pantry items

Olive Oil, Butter

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 paper · Medium frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
zucchini	1	2
red onion	1	2
garlic	2 cloves	4 cloves
lemon	1	1
spinach falafel	1 tub	2 tubs
parsley	1 bag	1 bag
red pesto	1 packet (50g)	1 packet (100g)
mayonnaise	1 packet (40g)	2 packets (80g)
water* (for the dressing)	2 tsp	1 tbs
flaked almonds	1 packet	2 packets
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3608kJ (862Cal)	527kJ (125Cal)
Protein (g)	23.8g	3.5g
Fat, total (g)	63.2g	9.2g
- saturated (g)	9.3g	1.4g
Carbohydrate (g)	61g	8.9g
- sugars (g)	25g	3.6g
Sodium (mg)	1926mg	281mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **capsicum** into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm chunks. Cut the **zucchini** into 2cm half-moons. Place the **capsicum, carrot, zucchini, a drizzle of olive oil** and a **pinch of salt and pepper** onto the oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**.



4. Cook the couscous

While the onion is cooking, heat a **drizzle of olive oil** over a medium heat in a medium saucepan. Add the **water (for the couscous)** and crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and stir through the **roasted veggies, lemon zest** and a **squeeze of lemon juice**.



2. Get prepped

While the veggies are roasting, thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **pinch** and slice into wedges. Use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!). Roughly chop the **parsley** leaves. In a small bowl, combine the **red pesto, mayonnaise** and **water (for the dressing)**. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**.



5. Cook the falafel

While the couscous is cooking, return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. Once the oil is hot, add the **falafels** and cook, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel. Season the falafels with a pinch of **salt** and **pepper**.



3. Cook the garlic sautéed onion

Return the frying pan, heat the **butter** and a **drizzle of olive oil** over a medium heat. Add the **onion** and cook, stirring regularly until softened, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a small bowl.



6. Serve up

Divide the couscous between bowls and top with the falafels and garlic sautéed onions. Drizzle over the pesto dressing and garnish with the flaked almonds and parsley. Serve with any remaining lemon wedges.

Enjoy!