



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



Red Pesto



Mayonnaise



Flaked Almonds



Vegetable Stock



Couscous



Parsley

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 baking 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	½	1
spinach falafel	1 tub	2 tubs
red pesto	1 sachet (50g)	1 sachet (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
parsley	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3410kJ (815Cal)	499kJ (119Cal)
Protein (g)	23.5g	3.4g
Fat, total (g)	57.9g	8.5g
- saturated (g)	8.9g	1.3g
Carbohydrate (g)	61.2g	9g
- sugars (g)	25.3g	3.7g
Sodium (mg)	1946mg	285mg

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 the oven to **220°C/200°C fan-forced**. Cut the **capsicum** into bite-sized chunks. Cut the **carrot** into small chunks. Cut the **zucchini** into thick half-moons. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Cook the couscous

While the onion is cooking, heat a medium saucepan over a medium heat with a drizzle of olive oil. 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**.



Get prepped

While the veggies are roasting, thinly slice the **red onion**. Finely chop the **garlic**. 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!). 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, tossing, until golden, **2-3 minutes**. Transfer to a plate.



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. When the oil is hot, cook the **falafels**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel. Season.



Cook the onion

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



Serve up

Roughly chop the **parsley** leaves. Divide the couscous between bowls and top with the falafels and cooked onions. Drizzle over the pesto dressing and garnish with the flaked almonds and parsley. Serve with any remaining lemon wedges.

Enjoy!