



# Mediterranean Falafel & Veggie Couscous

with Kalamata Olives & Tartare Dressing

Grab your Meal Kit with this symbol



Capsicum



Red Onion



Zucchini



Vegetable Stock



Couscous



Parsley



Garlic



Lemon



Kalamata Olives



Spinach Falafel



Tartare Sauce



Greek-Style Yoghurt

Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

Have a ball with dinner – a ball of lightly spiced chickpeas blended with parsley and coriander, that is! Yep, we’re talking about falafels! With couscous, herby yoghurt dressing and bright veggies, they make a dinner that’s got the lot.

### Pantry items

Olive Oil

## 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 saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
red onion	1	2
zucchini	1	2
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
parsley	1 bag	1 bag
garlic	2 cloves	4 cloves
lemon	½	1
kalamata olives	1 packet	2 packets
spinach falafel	1 tub	2 tubs
tartare sauce	1 medium packet	1 large packet
water* (for the dressing)	2 tsp	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3594kJ (859Cal)	552kJ (132Cal)
Protein (g)	24.1g	3.7g
Fat, total (g)	65g	10g
- saturated (g)	7.2g	1.1g
Carbohydrate (g)	57.6g	8.9g
- sugars (g)	22g	8.9g
Sodium (mg)	2183mg	336mg

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](https://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 **240°C/220°C fan-forced**. Slice the **capsicum** into thin strips. Cut the **red onion** into thick wedges. Slice the **zucchini** into half-moons. Place the **capsicum, red onion** and **zucchini** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



## Cook the falafel

Use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!). Return the frying pan to a medium-high heat with **olive oil** (1/4 cup for 2 people/ 1/2 cup for 4 people). When the oil is hot, cook the **falafel**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel.



## Cook the couscous

While the veggies are roasting, add the **water (for the couscous)** to a medium saucepan, crumble in the **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



## Finish the couscous

While the falafels are cooking, add a generous squeeze of **lemon juice, lemon zest, olives, the roasted veggies** and 1/2 the **parsley** to the **couscous**. Toss to combine and set aside. Add the **tartare sauce, water (for the dressing)** and **Greek-style yoghurt** to the **garlic**. Stir to combine and season to taste.

**TIP:** Add less olives if you find them too salty!



## Get prepped

While the couscous is cooking, roughly chop the **parsley**. Finely chop the **garlic**. Zest the **lemon** to get a generous pinch and cut into wedges. Roughly chop the **kalamata olives**. Heat a generous drizzle of **olive oil** in a large frying pan over medium-high heat, add the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl and set aside to cool.



## Serve up

Divide the Mediterranean roast veggie couscous between bowls. Top with the falafels. Drizzle over the tartare dressing. Garnish with the remaining parsley. Serve with the remaining lemon wedges.

## Enjoy!

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