



Sesame Falafel & Currant-Butter Rice

with Tomato Mint Salsa & Herby Sauce

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Basmati Rice



Currants



Baby Spinach Leaves



Tomato



Cucumber



Mint



Garlic & Herb Seasoning



Sesame Seeds



Spinach Falafel



Dill & Parsley Mayonnaise



Greek-Style Yoghurt



Haloumi

Prep in: 20-30 mins
Ready in: 25-35 mins

Imagine a bed of rice infused with a currant-butter flavour you love, then topped with sesame falafel and a refreshing mint, cucumber and tomato salsa. Now stop imagining, because here it is!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, 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

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| basmati rice | 1 medium packet | 1 large packet |
| currants | 1 medium packet | 1 large packet |
| butter* | 20g | 40g |
| baby spinach leaves | 1 small bag | 1 medium bag |
| spinach falafel | 1 packet | 2 packets |
| tomato | 1 | 2 |
| cucumber | 1 | 2 |
| mint | 1 bag | 1 bag |
| white wine vinegar* | drizzle | drizzle |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| sesame seeds | 1 medium sachet | 1 large sachet |
| haloumi** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4115kJ (984Cal) | 959kJ (229Cal) |
| Protein (g) | 23.4g | 5.5g |
| Fat, total (g) | 51.5g | 12g |
| - saturated (g) | 12.7g | 3g |
| Carbohydrate (g) | 100.9g | 23.5g |
| - sugars (g) | 17.6g | 4.1g |
| Sodium (mg) | 1535mg | 358mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|-----------------|
| Energy (kJ) | 5267kJ (1258Cal) | 1014kJ (242Cal) |
| Protein (g) | 40.5g | 7.8g |
| Fat, total (g) | 74.2g | 14.3g |
| - saturated (g) | 27.1g | 5.2g |
| Carbohydrate (g) | 102.1g | 19.7g |
| - sugars (g) | 18.6g | 3.6g |
| Sodium (mg) | 2570mg | 495mg |

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW51



1



Cook the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **basmati rice**, **currants** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.
- Return to saucepan. Add the **butter** and **baby spinach leaves** and stir to melt and combine. Season to taste. Cover to keep warm.

Custom Recipe: Cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.

3



Cook the falafel

- Heat a large frying pan over medium-high heat and add **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people).
- When oil is hot, cook **falafels**, tossing, until deep golden brown, **4-6 minutes**.
- In last minute of cook time, add **garlic & herb seasoning** and **sesame seeds** and toss to combine.
- Transfer to a paper towel-lined plate.

Custom Recipe: Before cooking the falafels, drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.

2



Get prepped

- Meanwhile, cut or tear each **spinach falafel** into **quarters** (don't worry if they crumble!).
- Roughly chop **tomato**, **cucumber** and **mint**.
- In a medium bowl, combine **tomatoes**, **cucumber**, **mint** and a drizzle of **white wine vinegar** and **olive oil**. Season with a pinch of **salt** and **pepper**.
- In a small bowl, combine **dill & parsley mayonnaise**, **Greek-style yoghurt** and a splash of **water**. Season to taste.

4



Serve up

- Divide currant-butter rice between bowls.
- Top with sesame falafel, tomato mint salsa and herby sauce to serve. Enjoy!



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