



Spinach Falafel Couscous Bowl

with Fetta Salsa, Tahini Sauce & Almonds

Grab your Meal Kit with this symbol



Garlic



Tomato



Cucumber



Mint



Parsley



Tahini



Greek Yoghurt



Lemon



Vegetable Stock



Couscous



Flaked Almonds



Fetta



Spinach Falafel

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

Low Calorie

Have a ball with dinner – a ball of lightly spiced chickpeas blended with spinach and coriander, that is! Yep, we’re talking about falafels! With couscous, tahini sauce, flaked almonds and fetta salsa, 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

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1	2
mint	1 bunch	1 bunch
parsley	1 bunch	1 bunch
tahini	1 tub (100g)	2 tubs (200g)
Greek yoghurt	1 packet (100g)	1 packet (200g)
lemon	½	1
water*	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
flaked almonds	1 packet	2 packets
fetta	1 block (25g)	1 block (50g)
spinach falafel	1 tub	2 tubs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2220kJ (530Cal)	514kJ (123Cal)
Protein (g)	26.4g	6.1g
Fat, total (g)	31.2g	7.2g
- saturated (g)	10.7g	2.5g
Carbohydrate (g)	50.7g	11.7g
- sugars (g)	10.9g	2.5g
Sodium (g)	2140mg	495mg

Allergens

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



1. Get prepped

Finely chop the **garlic** (or use a garlic press). Cut the **tomato** and **cucumber** into 1cm pieces. Pick and roughly chop the **mint** leaves. Roughly chop the **parsley** leaves.



2. Make the tahini sauce

In a small bowl, combine the **tahini**, **Greek yoghurt**, a **generous squeeze** of **lemon juice** (see **ingredients list**) and a **pinch** of **salt** and **pepper**. Cut the **remaining lemon** into wedges.

TIP: Taste the sauce and add more lemon juice, salt or pepper if you like!



3. Make the couscous

In a medium saucepan, heat a **drizzle** of **olive oil** over a medium heat. Add the **garlic** and cook, stirring, until fragrant, **1-2 minutes**. Add the **water** 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 **mint** and **parsley**. Set aside, uncovered, to cool.



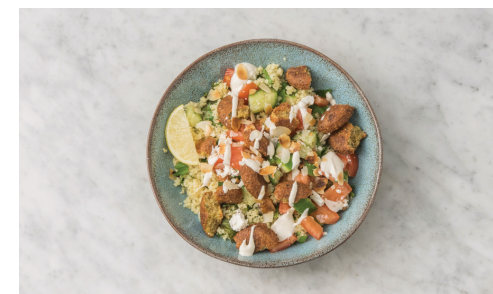
4. Make the salsa

While the couscous is cooking, heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing occasionally, until golden, **3-4 minutes**. Transfer to a small bowl and set aside. In a medium bowl, combine the **tomato**, **cucumber**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Crumble in the **fetta** and mix to combine.



5. Cook the falafel

Use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!). Return the medium frying pan to a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the **falafel** and cook, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel. Season the falafel with a **pinch** of **salt** and **pepper**.



6. Serve up

Divide the couscous, spinach falafel and fetta salsa between bowls and top with the tahini sauce. Sprinkle with the flaked almonds and serve with the lemon wedges.

TIP: For the low-calorie option, omit the almonds.

Enjoy!