



Spinach Falafel & Creamy Pesto

with Roast Veggie Couscous & Caramelised Onion

Grab your Meal Kit with this symbol



Beetroot



Carrot



Zucchini



Garlic & Herb Seasoning



Red Onion



Garlic



Spinach Falafel



Parsley



Creamy Pesto Dressing



Greek-Style Yoghurt



Vegetable Stock Powder



Couscous



Baby Spinach Leaves



Flaked Almonds

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 35-45 mins

Full of greens, goodness, and flavour with every bite, meet your new favourite veggie meal. Our creamy pesto dressing brings all the elements of the dish together, while buttery flaked almonds add that crunch we know you want.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
zucchini	1	2
garlic & herb seasoning	1 sachet	2 sachets
red onion	1	2
garlic	2 cloves	4 cloves
spinach falafel	1 tub	2 tubs
parsley	1 bag	1 bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
water* (for the onion)	½ tbs	1 tbs
brown sugar*	1 tsp	½ tbs
water* (for the couscous)	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3764kJ (900Cal)	621kJ (148Cal)
Protein (g)	26.4g	4.4g
Fat, total (g)	45.3g	7.5g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	85.9g	14.2g
- sugars (g)	29.2g	4.8g
Sodium (mg)	1986mg	328mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** into 1cm chunks. Cut the **carrot** into small chunks. Cut the **zucchini** into half-moons. Place the **veggies** on a lined oven tray. Sprinkle the **garlic & herb seasoning** over the veggies and drizzle with **olive oil**. Toss to coat and roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Cook the couscous

When the veggies have **10 minutes** remaining, combine the **water (for the couscous)** and **vegetable stock powder** in a medium saucepan and 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** and **baby spinach**.



Get prepped

While the veggies are roasting, thinly slice the **red onion**. Finely chop the **garlic**. 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 **creamy pesto dressing** and the **Greek-style yoghurt**.



Cook the falafel

While the couscous is cooking, wash out the frying pan then return to a medium-high heat with **olive oil** (1/4 cup for 2 people/ 1/2 cup for 4 people). Once the oil is hot, cook the **falafels**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel, then season with **salt** and **pepper**.



Caramelize the onion

In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Reduce the heat to medium. Add the **balsamic vinegar**, **water (for the onion)** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Serve up

Divide the roast veggie couscous between bowls. Top with the falafels and caramelised onions. Drizzle with the creamy pesto dressing. Garnish with the **flaked almonds** and parsley to serve.

Enjoy!

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