



SPINACH FALAFEL & PEARL COUSCOUS

with Roasted Eggplant & Lemon Hummus Sauce



Add fresh lemon juice to hummus



Red Capsicum



Baby Eggplant



Garlic



Baby Spinach Leaves



Lemon



Parsley



Flaked Almonds



Pearl Couscous



Hummus



Spinach Falafel

Hands-on: 30 mins
Ready in: 35 mins

Dive into this colourful bowl of goodness and get ready for a medley of flavour. With morsels of spinach falafel plus a colourful variety of roasted veggies all tossed together with tender pearl couscous, this is a magical meal that will show you falafel in a whole new way!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **oven tray** lined with **baking paper** • **medium saucepan** • **medium frying pan**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **red capsicum** and **baby eggplant** into 2cm chunks. **TIP:** *Cut the veggies to the correct size so they cook in the allocated time.* Place the vegetables, a **generous pinch** of **salt** and **pepper** and a **drizzle** of **olive oil** onto the oven tray lined with baking paper. Toss to coat, then roast for **25 minutes**, or until tender. Finely chop the **garlic** (or use a garlic press). Add the garlic to the tray, toss to coat then roast for a further **5 minutes** or until fragrant.



4 MAKE THE LEMON HUMMUS

While the couscous is cooking, combine the **hummus**, **lemon juice**, a **dash** of **water** and a **pinch** of **salt** and **pepper** in a small bowl and mix to a drizzle consistency.

TIP: *Add more lemon juice if you like!*



2 TOAST THE ALMONDS

While the veggies are roasting, roughly chop the **baby spinach leaves**. Juice the **lemon** to get **2 tsp for 2 people / 1 tbs for 4 people** then cut the remaining lemon into wedges. Roughly chop the **parsley**. Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast for **2-3 minutes**, or until golden. Transfer to a small bowl.



5 COOK THE FALAFEL

In a medium bowl, 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 enough **oil** to coat the base of the pan. Add the falafel pieces (don't forget the crumbs!) and a **generous pinch** of **salt** and cook, stirring, for **4-5 minutes**, or until golden. Season with **pepper**. Add the roasted **vegetables** and **baby spinach** to the couscous. Toss gently to combine and season with salt and **pepper**.



3 COOK THE PEARL COUSCOUS

Heat a medium saucepan over a medium-high heat with a **drizzle** of **olive oil** and the **pearl couscous**. Cook, stirring occasionally, for **1-2 minutes** or until golden and toasted. Add the **water** and a **generous pinch** of **salt**. Reduce the heat to medium and simmer, stirring occasionally, for **10-12 minutes** or until the couscous is tender and the water has been absorbed. Transfer to a medium bowl. **TIP:** *Pearl couscous has a firm, slightly chewy texture.*



6 SERVE UP

Divide the pearl couscous and veggies between bowls. Top with the crumbled falafel and drizzle with the lemon hummus sauce. Sprinkle with the parsley and almonds. Serve with lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red capsicum	1	2
baby eggplant	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
lemon	1	2
parsley	1 bag	1 bag
flaked almonds	1 packet	2 packets
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
hummus	1 tub (100 g)	1 tub (200 g)
spinach falafel	1 tub	2 tubs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2580kJ (617Cal)	698kJ (167Cal)
Protein (g)	18.8g	5.1g
Fat, total (g)	45.5g	12.3g
- saturated (g)	4.6g	1.2g
Carbohydrate (g)	49.1g	13.3g
- sugars (g)	9.6g	2.6g
Sodium (g)	1420mg	383mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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