



Spinach Falafels & Creamy Italian Sauce

with Potato Chunks & Garden Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Tomato



Cucumber



Mixed Salad Leaves



Flaked Almonds



Red Pesto



Light Cooking Cream



Spinach Falafel

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Step right up, falafel lovers, this one is for you. Doused in a creamy pesto sauce, these spinach falafels are all the rage. Paired with a bright garden salad and some crispy potato chunks, tonight's dinner will go down in the history books.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
tomato	1	2
cucumber	1	2
spinach falafel	1 tub	2 tubs
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
red pesto	½ packet	1 packet
light cooking cream	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2716kJ (649Cal)	533kJ (127Cal)
Protein (g)	20.9g	4.1g
Fat, total (g)	36.2g	7.1g
- saturated (g)	11.8g	2.3g
Carbohydrate (g)	54.2g	10.6g
- sugars (g)	15g	2.9g
Sodium (mg)	1402mg	275mg

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.



Roast potato chunks & get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks. Place on a lined oven tray.
- Sprinkle over **garlic & herb seasoning**. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Roughly chop **tomato** and **cucumber**. Cut or tear each **spinach falafel** into quarters (don't worry if they crumble!).



Cook sauce

- Wipe out frying pan and return to medium heat. Add **red pesto** (see ingredients), **light cooking cream** and a pinch of **pepper**. Cook, stirring, until slightly thickened, **2-3 minutes**.

TIP: Add a splash of water if the sauce looks too thick.



Cook falafel

- When potato has **10 minutes** cook time remaining, 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, add **falafels** and cook, tossing, until deep golden brown, **4-6 minutes**. Transfer to a paper towel-lined plate.
- Meanwhile, in a medium bowl, combine a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**. Add **tomato**, **cucumber** and **mixed salad leaves**. Toss to coat.



Serve up

- Divide spinach falafels, potato chunks and garden salad between plates.
- Sprinkle **flaked almonds** over salad. Spoon creamy Italian sauce over falafels to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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