



# Falafels & Roast Veggie Couscous

with Creamy Pesto Dressing & Roasted Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Beetroot



Garlic & Herb Seasoning



Peeled Pumpkin Pieces



Garlic



Carrot



Baby Leaves



Parsley



Couscous



Falafel Mix



Fine Breadcrumbs



Roasted Almonds



Creamy Pesto Dressing



Chicken Breast Strips

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early\*  
\*Custom Recipe only

When a wholesome dinner tastes as good as this one, it makes for a splendid night of tucking in. Let the sweet roasted veggies, couscous, crisp falafel and herby pesto dressing take you to a state of bliss.

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

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	½	1
beetroot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
peeled pumpkin pieces	1 small packet	1 medium packet
garlic	2 cloves	4 cloves
carrot	½	1
baby leaves	1 medium packet	1 large packet
parsley	1 packet	1 packet
<b>butter*</b>	20g	40g
<b>water*</b>	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
falafel mix	1 packet	2 packets
fine breadcrumbs	½ medium packet	1 medium packet
roasted almonds	1 packet	2 packets
creamy pesto dressing	1 large packet	2 large packets
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3881kJ (928Cal)	589kJ (141Cal)
Protein (g)	28.6g	4.3g
Fat, total (g)	39.2g	6g
- saturated (g)	8.6g	1.3g
Carbohydrate (g)	111g	16.8g
- sugars (g)	21.4g	3.2g
Sodium (mg)	1642mg	249mg
Dietary Fibre (g)	30.2g	4.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4628kJ (1106Cal)	565kJ (135Cal)
Protein (g)	61.1g	7.5g
Fat, total (g)	44.4g	5.4g
- saturated (g)	10.2g	1.2g
Carbohydrate (g)	111.8g	13.7g
- sugars (g)	22.2g	2.7g
Sodium (mg)	1724mg	211mg
Dietary fibre	30.2g	3.7g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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

2024 | CW17



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **onion (see ingredients)** into wedges. Cut **beetroot** into 1cm chunks.
- Place **onion** and **beetroot** on a lined oven tray. Drizzle with **olive oil** and sprinkle over **garlic & herb seasoning**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- In the last **15 minutes** of cooking time, add **peeled pumpkin pieces** and roast until tender.

4



## Cook the falafel

- In a medium bowl, combine **carrot, falafel mix** and **fine breadcrumbs (see ingredients)**. Using damp hands, roll and press heaped tablespoons of **falafel mix** into small balls (4-5 per person). Transfer to a plate.
- In a large frying pan, heat **olive oil** (¼ cup for 2 people / ½ cup for 4 people) over medium-high heat. When oil is hot, cook **falafels**, turning, until browned and heated through, **5-7 minutes** (cook in batches if your pan is getting crowded). Transfer to a paper towel-lined plate.

**TIP:** Ensuring the oil in the pan is hot before cooking gives the falafels a crispy texture and prevents them from sticking.

**Custom Recipe:** If you've added chicken strips, return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken until browned and cooked through (no longer pink inside), 3-4 minutes each side. Transfer to a plate.

2



## Get prepped

- While the veggies are roasting, finely chop **garlic**. Finely grate **carrot (see ingredients)**. Roughly chop **baby leaves** and **parsley** leaves.

5



## Bring it all together

- Add the **roasted veggies, baby leaves** and **parsley** to the **couscous**. Toss to combine and season to taste.

3



## Make the garlic couscous

- In a medium saucepan, melt the **butter** over medium-high heat. Add **garlic** and cook until fragrant, **1 minute**.
- Add the **water** and bring to the boil. Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.

6



## Serve up

- Roughly chop **roasted almonds**.
- Divide roast veggie couscous between bowls.
- Top with falafels and drizzle over **creamy pesto dressing**. Sprinkle with almonds to serve. Enjoy!

**Custom Recipe:** Top with chicken to serve.

## Rate your recipe

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