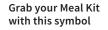
Falafels & Roast Veggie Couscous with Creamy Pesto Dressing & Roasted Almonds

CLIMATE SUPERSTAR

















Seasoning









Baby Leaves



Parsley









Falafel Mix

Fine Breadcrumbs





Creamy Pesto Dressing



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



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
olive oil*	refer to method	refer to method
onion	1/2	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	1/2	1
baby leaves	1 medium packet	1 large packet
parsley	1 packet	1 packet
butter*	20g	40g
water*	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
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Custom Recipe

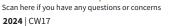
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4628kJ (1106Cal)	565kJ (135Cal)
Protein (g)	61.1g	7.5g
Fat, total (g)	44.4g	5.4g
- saturated (g)	10.2g	1.2g
Carbohydrate (g)	111.8g	13.7g
- sugars (g)	22.2g	2.7g
Sodium (mg)	1724mg	211mg
Dietary fibre	30.2g	3.7g

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 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





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.



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 (1/4 cup for 2 people / ½ cup for 4 people) over mediumhigh 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.



Get prepped

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



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.



Bring it all together

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



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.



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