



Crispy Spiced Falafels & Fries

with Avocado Salad & Beetroot Relish

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Avocado



Aussie Spice Blend



Fine Breadcrumbs



Mixed Salad Leaves



Beetroot Relish



Plant-Based Mayo



Falafel Mix

Prep in: 20-30 mins
Ready in: 30-40 mins

Plant Based

Make friends with plant-based ingredients by teaming ready-to-cook falafel with some stellar sides: hand cut fries, beetroot relish and a plant-based mayo perfect for dipping.

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
carrot	½	1
tomato	1	2
avocado	1	2
falafel mix	1 packet	2 packets
Aussie spice blend	1 sachet	1 sachet
fine breadcrumbs	½ packet	1 packet
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 packet (50g)	2 packets (100g)
plant-based mayo	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2819kJ (674Cal)	501kJ (120Cal)
Protein (g)	19.6g	3.5g
Fat, total (g)	30.9g	5.5g
- saturated (g)	5.5g	1g
Carbohydrate (g)	77.3g	13.7g
- sugars (g)	21.5g	3.8g
Sodium (mg)	1593mg	283mg

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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

2



Get prepped

- Meanwhile, finely grate **carrot** (see ingredients). Thinly slice **tomato** into wedges. Slice **avocado** in half, scoop out flesh and roughly chop.

3



Prep the falafels

- In a medium bowl, combine **carrot**, **falafel mix**, **Aussie spice blend** 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.

4



Cook the falafels

- Heat a large frying pan over medium-high heat with **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people). 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.

5



Toss the salad

- In a second medium bowl, combine **mixed salad leaves**, **avocado**, **tomato** and a drizzle of **vinegar** and **olive oil**. Season to taste.

6



Serve up

- Divide spiced falafels, avocado salad and potato fries between plates.
- Top with **beetroot relish** and serve with **plant-based mayo**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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