



Golden Falafel Bites & Veggie Couscous

with Garlic-Sautéed Onion & Red Pesto Dressing

Grab your Meal Kit with this symbol



Capsicum



Carrot



Courgette



Red Onion



Garlic



Lemon



Falafel Bites



Red Pesto



Mayonnaise



Vegetable Stock Powder



Couscous



Parsley

Hands-on: 20-30 mins
Ready in: 30-40 mins

What's a quick and easy way to bring a rich and tasty flavour to a dish? Add our moreish red pesto dressing that adds an extra burst of flavour with every bite! Teamed with warm falafel bites, herby parsley and roasted veggies, this dish is all kinds of yum.

Pantry items

Olive Oil, Butter

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 · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
courgette	1	2
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
lemon	½	1
falafel bites	1 packet	2 packets
red pesto	1 packet (50g)	1 packet (100g)
mayonnaise	1 packet (40g)	1 packet (100g)
water* (for the dressing)	2 tsp	4 tsp
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
parsley	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3250kJ (776Cal)	615kJ (147Cal)
Protein (g)	15.7g	3.0g
Fat, total (g)	39.4g	7.5g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	85.4g	16.2g
- sugars (g)	14.8g	2.8g
Sodium (g)	1010mg	192mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **capsicum** into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm chunks. Cut the **courgette** into 2cm half-moons. Place the **capsicum, carrot, courgette** and a drizzle of **olive oil** on an oven tray lined with baking paper. Season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Cut the veggies to size so it cooks in time!



Get prepped

While the veggies are roasting, thinly slice the **red onion**. Finely chop the **garlic**. Zest the **lemon** to get a pinch, then slice into wedges. Use your hands to break each **falafel bite** into quarters (don't worry if they crumble!). In a small bowl, combine the **red pesto, mayonnaise** and **water (for the dressing)**. Set aside.



Cook the garlic-sautéed onion

Heat a large frying pan over medium heat with the **butter** and a drizzle of **olive oil**. Add the **onion** and cook, stirring, until softened, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl.



Cook the couscous

While the onion is cooking, heat a medium saucepan over a medium heat with a drizzle of **olive oil**. Add the **water (for the couscous)** and **vegetable stock powder**, then bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork. When the couscous is done, stir through the **roasted veggies, lemon zest** and a squeeze of **lemon juice**.



Cook the falafel

While the couscous is cooking, return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the **falafel** and cook, tossing, until golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel. Season with **salt** and **pepper**. Roughly chop the **parsley** leaves.



Serve up

Divide the veggie couscous between bowls. Top with the falafel and garlic-sautéed onion. Drizzle over the pesto dressing and garnish with the parsley. Serve with any remaining lemon wedges.

Enjoy!