



Everything But The Chef

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Middle Eastern Falafel Mezze Plate

Welcome to the wonderful world of mezze plates!

Commitment-phobe at dinner time? Ever want to just have a little nibble on all your favourites? These delectable offerings prepared with a little TLC will satisfy the very pickiest of picky eaters. Freshly-made falafels, traditional hummus and sweet, juicy cherry tomatoes will make every mouthful a flavour sensation.

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 1
vegan

eat me first

Pantry Items



Olive Oil



Cherry Tomatoes



Parsley



Lemon



Pumpkin



Cumin & Cinnamon
Spice Mix



Falafels



Lebanese Bread



Hummus

2P	4P	Ingredients	
½ punnet	1 punnet	cherry tomatoes, quartered	⊕
1 bunch	2 bunches	parsley, roughly chopped	A
½	1	lemon, juiced	⊕
1 portion	2 portions	pumpkin, peeled & cut into 2 cm cubes	
1 tbs	2 tbs	olive oil *	
1 tsp	2 tsp	cumin & cinnamon spice mix	
1 packet	2 packets	falafels	
2	4	Lebanese bread	
1 tub	2 tubs	hummus	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2990	Kj
Protein	16.5	g
Fat, total	29.1	g
-saturated	5.2	g
Carbohydrate	92.7	g
-sugars	20.4	g
Sodium	939	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chopping board, chef's knife, vegetable peeler, two baking paper lined oven trays, and a small bowl.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Combine the **cherry tomatoes, parsley**, a squeeze of **lemon**, a drizzle of **olive oil** and a good grind of **salt** and **pepper** in a small bowl. Set aside for the flavours to develop.

3 Toss the **pumpkin** in the **olive oil** and **cumin & cinnamon spice mix** and place on one of the prepared trays. Cook in the oven for **20 minutes** or until tender. Add the **falafels** to the remaining tray and add to the oven in the final **10 minutes**. To heat up the **Lebanese breads** add them to the oven in the final **5 minutes** (or alternatively you can wrap them in a dampened tea towel and pop them in the microwave for **30 seconds**).

4 To serve, create a mezza plate by dividing the pumpkin, falafels, parsley salad and the **hummus** between plates. Use the bread to mop up all the flavours or alternatively roll all of the ingredients up in the bread and enjoy as a wrap.



Did you know? The first mention of hummus comes from a 13th century Egyptian cookbook, but it is not known for certain from where and when the spread originated.