



Falafel & Charred Corn Salsa Toss

with Garlic Rice, Chimichurri & Plant-Based Aioli

EXPLORER

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Sweetcorn



Spinach Falafel



Tomato



Baby Spinach Leaves



Chimichurri Sauce



Plant-Based Aioli



Haloumi

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

Plant-Based*
**Custom Recipe is not Plant-Based*

Enjoy our delicious spinach falafels with a rich depth of flavour. Toss them with a perfectly sweet medley, which gets a bright and herby hit of flavour from our chimichurri. Serve over fluffy garlic-infused rice and don't forget to drizzle it all with our plant-based aioli for creaminess.

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

Pantry items

Olive Oil

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
water*	1½ cups	3 cups
sweetcorn	1 medium tin	1 large tin
spinach falafel	1 packet	2 packets
tomato	1	2
baby spinach leaves	1 small packet	1 medium packet
chimichurri sauce	1 medium packet	1 large packet
plant-based aioli	1 packet	2 packets
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3772kJ (902Cal)	1025kJ (245Cal)
Protein (g)	21.1g	5.7g
Fat, total (g)	46.2g	12.6g
- saturated (g)	6.3g	1.7g
Carbohydrate (g)	93g	25.3g
- sugars (g)	9.7g	2.6g
Sodium (mg)	1419mg	386mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4924kJ (1177Cal)	1075kJ (257Cal)
Protein (g)	38.2g	8.3g
Fat, total (g)	69g	15.1g
- saturated (g)	20.7g	4.5g
Carbohydrate (g)	94.1g	20.5g
- sugars (g)	10.7g	2.3g
Sodium (mg)	2454mg	536mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

Custom Recipe: If you've added haloumi, cut haloumi into 1cm-thick slices. Place haloumi in a medium bowl and cover with water.

4



Prep the salsa

- While the falafels are cooking, roughly chop **tomato** and **baby spinach leaves**.

2



Char the corn & prep falafel

- While the rice is cooking, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a large bowl.
- Meanwhile, cut or tear each **spinach falafel** into quarters (don't worry if they crumble!).

TIP: Cover the pan with a lid if the kernels are "popping" out.

5



Bring it all together

- Add **tomato**, **spinach**, **cooked falafel**, **chimichurri sauce** and a drizzle of **olive oil** to bowl with charred corn.
- Toss to combine. Season to taste.
- In a small bowl, combine **plant-based aioli** and a splash of **water**.

3



Cook the falafel

- Return frying pan to medium-high heat with some **olive oil** (¼ cup for 2 people / ½ cup for 4 people).
- When oil is hot, cook **falafels**, tossing, until deep golden brown, **4-6 minutes**.
- Transfer to a paper towel-lined plate.

Custom Recipe: After cooking the falafels, drain haloumi and pat dry. Return frying pan, to medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side.

6



Serve up

- Divide garlic rice between bowls. Top with falafel and charred corn salsa toss.
- Drizzle with plant-based aioli to serve. Enjoy!

Custom Recipe: Top with haloumi slices.

Rate your recipe

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