



# Falafel & Chermoula Roast Veggie Toss

with Herby Yoghurt, Fetta & Almonds

CLIMATE SUPERSTAR

Grab your meal kit  
with this number

33



Potato



Carrot



Capsicum



Chermoula Spice Blend



Cucumber



Spinach Falafel



Greek-Style Yoghurt



Dill & Parsley Mayonnaise



Spinach & Rocket Mix



Rocket Leaves



Fetta Cubes



Flaked Almonds



Haloumi



Spinach Falafel



Chicken Tenderloins

Prep in: 25-35 mins  
Ready in: 35-45 mins

Hearty spinach falafel is the star of this colourful dish, with the chermoula-spiced roasted veg coming in at a close second. Tie it all together with a herby yoghurt, pickled cucumber and cubed feta to make it even better. Don't forget the flaked almond garnish for some crunch!

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Large frying pan

## Ingredients

|  | 2 People        | 4 People        |
|--|-----------------|-----------------|
| <b>olive oil*</b>                            | refer to method | refer to method |
| potato                                       | 1               | 2               |
| carrot                                       | 1               | 2               |
| capsicum                                     | 1               | 2               |
| chermoula spice blend                        | 1 medium sachet | 1 large sachet  |
| cucumber                                     | ½               | 1               |
| <b>vinegar*</b><br>(white wine or rice wine) | ¼ cup           | ½ cup           |
| spinach falafel                              | 1 packet        | 2 packets       |
| Greek-style yoghurt                          | 1 medium packet | 1 large packet  |
| dill & parsley mayonnaise                    | 1 medium packet | 1 large packet  |
| spinach & rocket mix                         | ½ medium packet | 1 medium packet |
| rocket leaves                                | 1 small packet  | 2 small packets |
| fetta cubes                                  | 1 medium packet | 1 large packet  |
| flaked almonds                               | 1 medium packet | 1 large packet  |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 3150kJ (752Cal) | 552kJ (132Cal) |
| Protein (g)       | 27.2g           | 4.8g           |
| Fat, total (g)    | 44.7g           | 7.8g           |
| - saturated (g)   | 7.6g            | 1.3g           |
| Carbohydrate (g)  | 53.5g           | 9.4g           |
| - sugars (g)      | 19.6g           | 3.4g           |
| Sodium (mg)       | 1380mg          | 242g           |
| Dietary Fibre (g) | 22.3g           | 3.9g           |

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](https://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

2025 | CW21



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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato, carrot and capsicum** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and season with a pinch of **pepper**. Toss to coat.
- Roast until tender, **25-30 minutes**. Set aside to cool slightly.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

4



## Prep the toppings

- In a small bowl, combine **Greek-style yoghurt, dill & parsley mayonnaise** and a splash of the **pickling liquid**. Season to taste. Set aside.

2



## Pickle the cucumber

- Meanwhile, thinly slice **cucumber** (see ingredients) into half-moons.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to pickling liquid. Add just enough water to cover the cucumber. Set aside.

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## Bring it all together

- Drain **pickled cucumber**.
- Transfer the slightly cooled **roasted veggies** to a bowl.
- Add **spinach & rocket mix** (see ingredients), **rocket leaves** and **pickled cucumber**. Drizzle with a little **olive oil**. Gently toss to combine.

3



## Cook the falafel

- When the veggies have **10 minutes** remaining, use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!).
- In a large frying pan, heat some **olive oil** (¼ cup for 2 people/ ½ cup for 4 people) over medium-high heat. When oil is hot, cook **falafel pieces**, tossing, until deep golden brown, **4-6 minutes**.
- Season generously with **salt** and **pepper**, then transfer to a paper towel-lined plate.

6



## Finish & serve

- Divide chermoula roast veggie toss between bowls. Top with falafel, some herby yoghurt and crumbled **fetta cubes**.
- Sprinkle over **flaked almonds** to serve. Enjoy!

### CUSTOM OPTIONS



#### HALOUMI:

Cut haloumi into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.



#### SPINACH FALAFEL:

Follow method above, cooking in batches if necessary.



#### CHICKEN TENDERLOINS:

Cook with a drizzle of olive oil until browned and cooked through, 3-4 minutes each side.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

