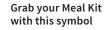


Easy Falafel & Roast Veggie Salad with Plant-Based Chimichurri Aioli & Almonds











Sweet Potato







Beetroot

Spinach Falafel





Chimichurri Sauce

Mixed Leaves



Flaked Almonds

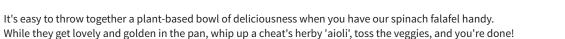




Not suitable for coeliacs







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
sweet potato	2	4
zucchini	1	2
beetroot	1	2
spinach falafel	1 tub	2 tubs
chimichurri sauce	1 medium packet	1 large packet
plant-based aioli	1 medium packet	1 large packet
mixed leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kj)	3336kJ (797Cal)	607kJ (145Cal)
Protein (g)	22g	4g
Fat, total (g)	47.7g	8.7g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	65g	11.8g
- sugars (g)	26.6g	4.8g
Sodium (mg)	1350mg	246mg

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut sweet potato and zucchini into bite-sized chunks. Cut beetroot into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out in a single layer.
- Bake until tender, **20-25 minutes**. Set aside to slightly cool.

TIP: If your oven tray is crowded, divide the veggies between two trays. **TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Bring it all together

- While falafels are cooking, combine chimichurri sauce, plant-based aioli and a splash of water in a small bowl.
- To the slightly cooled veggie tray, add mixed leaves and a drizzle of balsamic vinegar. Gently toss to combine. Season to taste.



Cook the falafel

- When veggies have **10 minutes** cook time remaining, cut each **spinach falafel** into quarters (don't worry if they crumble!).
- Heat a large frying pan over medium-high heat, then add some **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people).
- When oil is hot, cook **falafel**, tossing, until deep golden brown, **5-6 minutes**.
- Transfer to a paper towel-lined plate.



Serve up

- Divide roast veggie salad between bowls. Top with falafel.
- Drizzle with plant-based chimichurri aioli.
- · Sprinkle with flaked almonds to serve.

Enjoy!