



Easy Falafel & Roast Veggie Salad

with Plant-Based Chimichurri Aioli & Almonds

Grab your Meal Kit
with this symbol



Sweet Potato



Zucchini



Beetroot



Spinach Falafel



Chimichurri Sauce



Plant-Based
Aioli



Mixed Leaves



Flaked Almonds



Hands-on: **15-25 mins**



Ready in: **30-40 mins**



Plant Based



Naturally Gluten-Free

Not suitable for coeliacs

It's easy to throw together a plant-based bowl of deliciousness when you have our spinach falafel handy. While they get lovely and golden in the pan, whip up a cheat's herby 'aioli', toss the veggies, and you're done!

Pantry items

Olive Oil, Balsamic Vinegar

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.

1



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.

3



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.

2



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.

4



Serve up

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

Enjoy!