



Falafel & Middle Eastern Roast Veggies

with Dill-Parsley Yoghurt & Pickled Onion

Grab your Meal Kit with this symbol



Sweet Potato



Cauliflower



Chermoula Spice Blend



Red Onion



Flaked Almonds



Greek Yoghurt



Dill & Parsley Mayonnaise



Lemon



Spinach Falafel



Spinach & Rocket Mix

Hands-on: **25-35** mins
Ready in: **35-45** mins

Naturally gluten-free
Not suitable for Coeliacs

Low Calorie

Hearty spinach falafels are the stars of this Middle Eastern feast, and our technique of breaking them up before frying ensures they become crisp and golden. With zingy pickled onion to brighten the flavours plus spiced roasted veggies, this is all the good stuff!

Pantry items

Olive Oil, Rice Wine 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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
cauliflower	1 portion	2 portions
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
water*	¼ cup	½ cup
flaked almonds	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
lemon	½	1
spinach falafel	1 tub	2 tubs
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2280kJ (546Cal)	376kJ (90Cal)
Protein (g)	21.8g	3.6g
Fat, total (g)	42.8g	7.1g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	33.0g	5.4g
- sugars (g)	20.7g	3.4g
Sodium (g)	1940mg	320mg

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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 the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 2cm chunks. Cut the **cauliflower** into 2cm florets. Spread the **sweet potato** and **cauliflower** over two oven trays lined with baking paper with the **chermoula spice blend**, the **salt** and a **pinch of pepper**. **Drizzle** with **olive oil** and toss to coat. Roast until tender, **25-30 minutes**. Set aside to cool slightly.

TIP: If you don't like pickled onion, chop the onion into 3cm wedges and roast with the other veggies!



2. Pickle the onion

While the veggies are roasting, thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar**, the **water** and a **good pinch** of **sugar** and **salt**. Scrunch the **red onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until serving.



3. Prep the toppings

Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. In a small bowl, combine the **Greek yoghurt**, **dill & parsley mayonnaise** and a **squeeze** of **lemon juice**. Season to taste with **salt** and **pepper**.

TIP: For the low-calorie option, use half the dill and parsley mayonnaise.



4. Cook the falafel

When the veggies have **5 minutes** cook time remaining, use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!). Return the frying pan to a medium-high heat with enough **oil** to coat the base of the pan. Add the **falafel** pieces and cook, stirring, until golden, **4-5 minutes**. Season with a **generous pinch** of **salt** and **pepper**. Transfer to a plate lined with a paper towel.



5. Bring it all together

Transfer the roasted veggies to a large bowl. Add the **falafel** pieces and **spinach & rocket mix**, then **drizzle** with a little **olive oil**. Gently toss to combine.



6. Serve up

Drain the pickled onion. Divide the Middle Eastern roast veggies between bowls. Spoon over the dill-parsley yoghurt and top with the pickled onion. Sprinkle with the flaked almonds.

Enjoy!