



Falafel & Middle Eastern Roast Veggies

with Dill-Parsley Yoghurt

Grab your Meal Kit with this symbol



Potato



Cauliflower



Chermoula Spice Blend



Red Onion



Lemon



Greek-Style Yoghurt



Dill & Parsley Mayonnaise



Spinach Falafel



Spinach & Rocket Mix



Flaked Almonds

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

Serve up a satisfying bowl that's full of flavour and colour, yet surprisingly light on the carbs. Hearty spinach falafels are the stars of this Middle Eastern feast, complete with zingy pickled onions to balance out the flavours and roasted veggies for 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 portion (400g)	2 portions (800g)
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
red onion	½	1
rice wine vinegar*	3 tbs	6 tbs
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
spinach falafel	1 tub	2 tubs
spinach & rocket mix	1 medium bag (60g)	1 large bag (120g)
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2114kJ (505Cal)	386kJ (92Cal)
Protein (g)	19.5g	3.6g
Fat, total (g)	40.4g	7.4g
- saturated (g)	4g	0.7g
Carbohydrate (g)	30g	5.5g
- sugars (g)	16.6g	3g
Sodium (mg)	1775mg	324mg
Dietary Fibre (g)	14.8g	2.7g

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 the oven to **220°C/200°C fan-forced**. Cut the **potato** into bite-sized chunks. Cut the **cauliflower** into small florets. Spread the **potato** and **cauliflower** over a lined oven tray (divide between two trays if your tray is getting crowded). Add 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 thick wedges and roast with the other veggies!



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!). Heat a large frying pan over a medium-high heat with **olive oil** (1/4 cup for 2 people/ 1/2 cup for 4 people). When the oil is hot, cook the **falafel** pieces, tossing, until deep golden brown, **5-6 minutes**. Add a generous pinch of **salt** and **pepper**. Transfer to a plate lined with a paper towel.



Pickle the onion

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



Bring it all together

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



Prep the toppings

Cut the **lemon** into wedges. In a small bowl, combine the **Greek-style yoghurt**, **dill & parsley mayonnaise** and a squeeze of **lemon juice**. Season to taste.



Serve up

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

Enjoy!

Rate your recipe

Scan here to rate this recipe!

