



Falafel Rice Bowl with Almonds & Herby Yoghurt

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2745kJ (656Cal) | Protein 22.1g | Fat, total 45.6g - saturated 4.5g | Carbohydrate 55.6g - sugars 16.8g | Sodium 1380mg
Naturally gluten-free (not suitable for coeliacs)

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Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

| | 2P | 4P |
|---------------------------|--------------|---------------|
| Spinach Falafel | 1 tub | 2 tubs |
| Trimmed Green Beans | 1 medium bag | 2 medium bags |
| Dill & Parsley Mayonnaise | 1 pkt (50g) | 1 pkt (100g) |
| Greek-style yoghurt | 1 medium pkt | 1 large pkt |

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. Fry



Spinach Falafel



Trimmed Green Beans

2. Chop



Cherry Tomatoes



Roasted Almonds



Lemon



Dill & Parsley Mayonnaise



Greek-Style Yoghurt

3. Zap



Microwavable Basmati Rice



Baby Spinach Leaves



Currants



Mint

- Tear **falafel** into chunks
- Heat **olive oil** in a frying pan over medium-high heat
- Cook **falafel** and **green beans**, tossing, until golden, **5-6 mins**. Season

- Halve **tomatoes**. Roughly chop **almonds**. Slice **lemon** into wedges
- In a bowl, combine **mayo** and **yoghurt**

- Microwave **rice** until steaming, **2-3 mins**
- In a second bowl, combine **rice**, **spinach** and **currants**
- Divide **rice** between bowls
- Top with **falafel**, **beans**, **tomatoes**, **almonds** and **herby yoghurt**
- Tear over **mint** and serve with **lemon wedges**

