



Falafel & Roast Cauliflower Bowl

with Couscous & Plant-Based Pesto Aioli



Carrot



Cauliflower



Nan's Special Seasoning



Red Onion



Couscous



Vegetable Stock Powder



Spinach Falafel



Plant-Based Basil Pesto



Plant-Based Aioli



Baby Spinach Leaves



Flaked Almonds



Hands-on: **15-25 mins**
Ready in: **25-35 mins**



Plant Based

Plant-based ingredients bring out the best in each other in this new and noteworthy dish that's stick-to-your-ribs satisfying!

Pantry items

Olive Oil, White 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cauliflower	1 medium portion	1 large portion
Nan's special seasoning	1 sachet	2 sachets
red onion	½	1
white wine vinegar*	¼ cup	½ cup
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
spinach falafel	1 tub	2 tubs
plant-based basil pesto	1 medium packet	1 large packet
plant-based aioli	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2963kJ (708Cal)	622kJ (149Cal)
Protein (g)	21.7g	4.6g
Fat, total (g)	50.6g	10.6g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	54.8g	11.5g
- sugars (g)	17.5g	11.5g
Sodium (mg)	2273mg	477mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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 **220°C/200°C fan-forced**.
- Thinly slice **carrot** into half-moons. Cut **cauliflower** into small florets.
- Place on a lined oven tray. Sprinkle with **Nan's special seasoning**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **15-20 minutes**.

3



Cook the falafel

- Using your hands, 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 **falafel**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel. Season with **salt**.
- While falafel is cooking, combine **plant-based basil pesto**, **plant-based aioli** and a drizzle of **water** in a small bowl. Season to taste.

2



Pickle the onion & cook the couscous

- Meanwhile, thinly slice **red onion** (see ingredients).
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch **sliced onion** in your hands, then add to **pickling liquid**. Add enough water to just cover the **onion**, then set aside.
- Boil the kettle. In a medium bowl, combine **couscous** and **vegetable stock powder**. Add the **boiling water** (3/4 cup for 2 people / 1 1/2 cups for 4 people) and stir to combine. Immediately cover with a plate. Set aside for **5 minutes**.

4



Serve up

- Drain pickled onion.
- Fluff up couscous with a fork, then gently stir in **baby spinach leaves** and roasted veggies. Season to taste, then divide between bowls.
- Top with falafel. Drizzle with plant-based pesto aioli. Serve sprinkled with pickled onion and **flaked almonds**.

Enjoy!