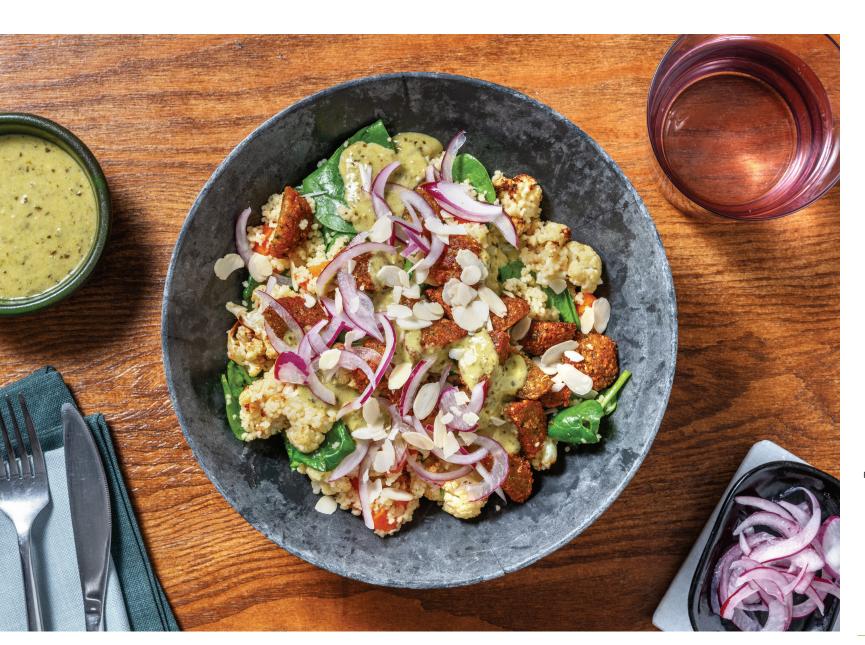


Falafel & Roast Cauliflower Bowl

with Couscous & Plant-Based Pesto Aioli











Nan's Special



Seasoning









Vegetable Stock



Spinach Falafel



Plant-Based



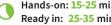
Plant-Based



Baby Spinach Leaves



Flaked Almonds



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

9			
	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	1/2	1	
white wine vinegar*	1/4 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
(0)	U	U
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.



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.



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.



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.



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!