

Falafel & Roast Veggie Couscous

with Pesto Yoghurt & Caramelised Onion

Grab your Meal Kit with this symbol



Capsicum



Carrot



Zucchini



Garlic & Herb Seasoning



Onion



Garlic



Spinach Falafel



Herbs



Creamy Pesto Dressing



Greek-Style Yoghurt



Vegetable Stock Powder



Couscous



Mixed Leaves



Flaked Almonds

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 35-45 mins

Full of greens, goodness, and flavour with every bite, meet your new favourite veggie meal. A yoghurt-spiked pesto dressing brings all the elements of the dish together, while naturally buttery flaked almonds add that crunch we know you want.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
zucchini	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
onion	1	2
garlic	2 cloves	4 cloves
spinach falafel	1 tub	2 tubs
herbs	1 bag	1 bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	½ tbs
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
mixed 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)	3752kJ (897Cal)	619kJ (148Cal)
Protein (g)	26.3g	4.3g
Fat, total (g)	45.3g	7.5g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	86.1g	14.2g
- sugars (g)	28.3g	4.7g
Sodium (mg)	1990mg	328mg

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 oven to **220°C/200°C fan-forced**. Cut **capsicum** into bite-sized chunks. Cut **carrot** into small chunks. Thickly slice **zucchini** into half-moons. Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat. Roast until tender, **20-25 minutes**.



Cook the couscous

When the veggies have **10 minutes** remaining, combine the **water** and **vegetable stock powder** in a medium saucepan and bring to the boil. Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork. Stir through the roasted **veggies** and **mixed leaves**.



Get prepped

Meanwhile, thinly slice **onion**. Finely chop **garlic**. Use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!). Roughly chop leaves from **herbs**. In a small bowl, combine **creamy pesto dressing** and **Greek-style yoghurt**. Set aside.



Cook the falafel

While couscous is cooking, wash out frying pan, then return to medium-high heat with some **olive oil** (1/4 cup for 2 people/ 1/2 cup for 4 people). When oil is hot, cook **falafel**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a paper towel-lined plate. Season with **salt** and **pepper**.



Caramelize the onion

In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring, until softened, **5-6 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a second small bowl.



Serve up

Divide roast veggie couscous between plates. Top with falafel and some caramelised onion. Drizzle with pesto yoghurt. Garnish with **flaked almonds** and herbs to serve.

Enjoy!s

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