



# Falafel & Spiced Roast Veggie Couscous

with Mint Yoghurt & Toasted Almonds

Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Capsicum



Ras El Hanout



Lemon



Mint



Baby Spinach Leaves



Flaked Almonds



Greek Yoghurt



Vegetable Stock



Couscous



Spinach Falafel

- Hands-on: 25-35 mins
- Ready in: 35-45 mins
- Calorie Smart

What's a quick and easy way to bring a rich and tasty flavour to couscous? Add chunks of spiced roasted veggies that add an extra burst of flavour with every bite! Teamed with spinach falafel, flaked almonds and mint yoghurt, this meal is all kinds of yum.

## Pantry items

Olive Oil

## 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
sweet potato	1	2
beetroot	1	2
capsicum	1	2
ras el hanout	1 sachet	2 sachets
lemon	½	1
mint	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
flaked almonds	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)
water*	¾ cup	1 ½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
spinach falafel	1 tub	2 tubs

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2534kJ (605Cal)	431kJ (103Cal)
Protein (g)	26.4g	4.5g
Fat, total (g)	27.9g	4.7g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	72.9g	12.4g
- sugars (g)	28.7g	4.9g
Sodium (mg)	1812mg	308mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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 **sweet potato** and **beetroot** (both unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Place the **sweet potato**, **beetroot** and **capsicum** on an oven tray lined with baking paper. Drizzle with **olive oil** and sprinkle with the **ras el hanout**, then season with **salt** and **pepper**. Toss to coat and bake until tender, **25-30 minutes**.



## Cook the falafel

While the couscous is cooking, use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!). Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **falafel**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel.



## Get prepped

While the veggies are roasting, zest the **lemon** to get a good pinch, then slice into wedges. Pick and roughly chop the **mint leaves**. Roughly chop the **baby spinach leaves**. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. In a medium bowl, combine a generous squeeze of **lemon juice**, **mint** (reserving a pinch for a garnish), **Greek yoghurt**, a drizzle of **olive oil** and a pinch of **salt**.



## Finish the couscous

Add the **roasted veggies**, **lemon zest** and **spinach** to the **couscous**. Toss to combine and season to taste.

**TIP:** Use as much or little lemon zest to taste.



## Cook the couscous

In a medium saucepan, add the **water** and **crumbled vegetable stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the couscous and stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up the couscous with a fork and set aside, uncovered.



## Serve up

Divide the roast veggie couscous between bowls. Top with the falafel. Spoon over some of the mint yoghurt and serve the rest on the side. Garnish with the flaked almonds and reserved mint. Serve with any remaining lemon wedges.

## Enjoy!