



(02) 8188 8722 | HelloFresh.com.au

WK38
2016

Middle Eastern Falafel Mezze Plate

Welcome to the wonderful world of mezze plates! Commitment-phobe at dinner time? Ever want to just have a little nibble on all your favourites? These delectable offerings prepared with a little TLC will satisfy the very pickiest of picky eaters. Freshly-made falafels, hummus and sweet cherry tomatoes are sure to satisfy.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



outdoor dining



veggie

Pantry Items



Olive Oil



Roma Tomatoes



Parsley



Mint



Lemon



Pumpkin



Ground Cumin



Falafel



Lebanese Bread




Hummus

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
2	4	Roma tomatoes, diced
½ bunch	1 bunch	parsley, roughly chopped  
1 bunch	2 bunches	mint, roughly chopped
½	1	lemon, juiced 
½	1	pumpkin, peeled & cut into 2 cm cubes
1 tbs	2 tbs	olive oil *
½ sachet	1 sachet	ground cumin (<i>recommended amount</i>)
1 packet	2 packets	falafels
3	6	Lebanese breads
1 tub	2 tubs	hummus

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2980	Kj
Protein	15.2	g
Fat, total	32.7	g
-saturated	5.5	g
Carbohydrate	86	g
-sugars	20.4	g
Sodium	766	mg



You will need: *chef's knife, chopping board, small bowl and two baking paper lined oven trays.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Combine the **Roma tomatoes, parsley, mint**, a squeeze of **lemon**, a drizzle of olive oil and a good grind of **salt** and **pepper** in a small bowl. Set aside for the flavours to develop.

3 Toss the **pumpkin** in the **olive oil** and **ground cumin** and place on one of the prepared trays. Cook in the oven for **20 minutes** or until tender. Add the **falafel** to the second tray and add to the oven in the final **10 minutes**. To heat up the **Lebanese bread** add it to the oven in the final **5 minutes** (or alternatively you can wrap them in a dampened tea towel and pop them in the microwave for **30 seconds**).

4 To serve, create a mezza plate by dividing the pumpkin, falafel, parsley salad and **hummus** between plates. Use the bread to mop up all the flavours or alternatively roll all of the ingredients up in the bread and enjoy as a wrap.



Did you know? The first mention of hummus comes from a 13th century Egyptian cookbook, but it is not known for certain where and when the spread originated.