



Rainbow Falafel Bowls

with Golden Rice and Spicy Mayo Drizzle

Earth Month

Spicy

25 Minutes

Swap



Chicken Breasts
2 | 4

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Falafel
150 g | 300 g



Baby Spinach
56 g | 113 g



Red Cabbage, shredded
56 g | 113 g



Basmati Rice
3/4 cup | 1 1/2 cups



Red Wine Vinegar
2 tbsp | 4 tbsp



Spicy Mayo
2 tbsp | 4 tbsp



Cilantro
7 g | 14 g



Cumin-Turmeric Spice Blend
4 g | 8 g



Vegetable Stock Powder
7.5 g | 15 g



Hummus
4 tbsp | 8 tbsp



Baby Tomatoes
113 g | 227 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities **56 g** | **113 g**
2-serving | 4-serving

Pantry items | Butter, oil, sugar, salt, pepper

Cooking utensils | Baking sheet, measuring cups, measuring spoons, medium bowl, medium pot, small pot, strainer

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- To a medium pot, add **1 ¼ cups** (2 ½ cups) **water**, **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt**. Cover and bring to a boil over high heat.
- Using a strainer, rinse **rice** until water runs clear.
- To the boiling water, add **rice**, **Cumin-Turmeric Spice Blend** and **vegetable stock powder**. Stir to combine, then reduce heat to low. Cover and cook for 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

2



Pickle cabbage

- Meanwhile, to a small pot, add **cabbage**, **vinegar**, **2 tbsp** (4 tbsp) **water** and **2 tsp** (4 tsp) **sugar**. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook for 1-2 min, stirring often, until **sugar** dissolves.
- Remove from heat. To a medium bowl, transfer **cabbage**, including **pickling liquid**.
- Place **pickled cabbage** in the fridge to cool.

3



Roast falafel

+ Add | **Chicken Breasts**

- On an unlined baking sheet, toss **falafel** with **½ tbsp** (1 tbsp) **oil**.
- Roast in the **middle** of the oven for 8-10 min, flipping halfway through, until browned.

4



Prep and finish rice

- While **falafel** roasts, halve **tomatoes**. Season with **salt** and **pepper**.
- Roughly chop **spinach** and **cilantro**.
- Fluff **rice** with a fork. Stir in **cilantro**.

5



Finish and serve

+ Add | **Chicken Breasts**

- Drain **pickled cabbage**.
- Divide **rice** and **spinach** between plates.
- Top with **cabbage**, **tomatoes** and **falafel**.
- Dollop with **hummus** and drizzle **spicy mayo** over top.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken and roast falafel

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook for 1-2 min per side, until golden. Transfer **chicken** to a unlined baking sheet. Roast in the **middle** of the oven for 12-14 min, until **chicken** is cooked through.**

5 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Top bowls with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F.