



Crispy Falafel on Jewelled Pilaf

with Tomato-Cucumber Salad and Raita

Veggie

Quick

25 Minutes



Falafel



Moroccan Spice Blend



Basmati Rice



Sultana Raisins



Green Peas



Greek Yogurt



Cilantro



Lemon



Baby Tomatoes



Mini Cucumber



Red Onion



Vegetable Broth Concentrate



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HELLO GREEK YOGURT

High in protein, creamy and perfect as a sauce!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

Medium bowl, measuring spoons, box grater, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Falafel	8	16
Moroccan Spice Blend	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cups
Sultana Raisins	28 g	56 g
Green Peas	56 g	113 g
Greek Yogurt	100 ml	200 ml
Cilantro	7 g	7 g
Lemon	½	1
Baby Tomatoes	113 g	227 g
Mini Cucumber	132 g	264 g
Red Onion	113 g	226 g
Vegetable Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

Contact

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1 Prep

- Peel, then cut **onion** into ¼-inch pieces.
- Halve **tomatoes**.
- Using a box grater, grate **half one cucumber** (use one whole cucumber for 4 ppl). (**TIP:** Use the side of the grater with the largest holes!)
- Cut **remaining cucumber** into ½-inch rounds.
- Finely chop **cilantro**.
- Juice **half the lemon** (whole lemon for 4 ppl).



4 Make raita

- Meanwhile, pat **grated cucumber** dry with paper towels.
- Add **grated cucumber, yogurt, half the cilantro** and **half the lemon juice** to a small bowl. Season with **salt**, then stir to combine.



2 Cook pilaf

- Heat a medium pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted.
- Add **onions**. Cook, stirring occasionally, until **onions** soften slightly, 1-2 min.
- Sprinkle **Moroccan Spice Blend** over **onions**. Cook, stirring often, until fragrant, 30 sec.
- Add **rice, peas, raisins, broth concentrate, ¼ tsp** (½ tsp) **salt** and **1 ½ cups** (2 ⅔ cups) **water**. Bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 13-15 min.
- Remove the pot from heat. Set aside, still covered.



5 Make salad

- Whisk together **remaining lemon juice** and **½ tbsp** (1 tbsp) **oil** in a medium bowl.
- Add **tomatoes** and **cucumber rounds**. Season with **salt** and **pepper**, to taste, then toss to combine.



3 Crisp falafel

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **falafel**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 4-5 min per side. Add another **½ tbsp oil** to the pan after flipping **falafel**.



6 Finish and serve

- Fluff **pilaf** with a fork, then season with **salt** and **pepper**, to taste.
- Divide **pilaf, falafel** and **salad** between plates.
- Sprinkle **remaining cilantro** over **pilaf**.
- Serve **cucumber raita** alongside for dipping.