



Crispy Falafel on Jewelled Pilaf with Cilantro-Yogurt Sauce

Veggie Quick 25 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!

Issue with your meal?
Scan the QR code to share your feedback.

- Falafel
- Chicken Breasts
- Moroccan Spice Blend
- Basmati Rice
- Sultana Raisins
- Green Peas
- Yogurt Sauce
- Cilantro
- Lemon
- Baby Tomatoes
- Mini Cucumber
- Shallot
- Vegetable Stock Powder

HELLO MOROCCAN SPICE BLEND
This blend of North African spices is warm and aromatic!

Start here

Before starting, wash and dry all produce.

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

Bust out

Medium bowl, measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan, zester

Ingredients

	2 Person	4 Person
Falafel	8	16
Chicken Breasts*	2	4
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
Yogurt Sauce	45 ml	90 ml
Cilantro	7 g	7 g
Lemon	½	1
Baby Tomatoes	113 g	227 g
Mini Cucumber	1	2
Shallot	1	2
Vegetable Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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

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.



Issue with your meal?
Scan the QR code to
share your feedback.

1



Start pilaf

- Heat a medium pot over medium heat.
- Meanwhile, peel, then cut **shallot** into ¼-inch half-moons.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted.
- Add **shallots**. Cook, stirring occasionally, until **shallots** soften slightly, 2-3 min.
- Sprinkle **Moroccan Spice Blend** over the pot. Cook, stirring often, until fragrant, 30 sec.
- Add **rice, peas, raisins, stock powder, ¼ tsp** (½ tsp) **salt** and **1 ⅓ cups** (2 ⅔ cups) **water**. Bring to a boil over high.

4



Make cilantro-yogurt sauce

- Meanwhile, add **yogurt sauce, half the cilantro** and **1 tsp** (2 tsp) **lemon zest** to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.

2



Cook pilaf and finish prep

- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 13-15 min.
- Remove from heat. Set aside, still covered.
- Meanwhile, halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Finely chop **cilantro**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Halve **tomatoes**.

5



Make salad

- Add ½ **tbsp** (1 **tbsp**) **lemon juice** and **1 tbsp** (2 **tbsp**) **oil** in a medium bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **tomatoes** and **cucumbers**, then toss to combine.

3



Crisp falafel

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **falafel**. (**TIP:** Add another ½ **tbsp** oil to the pan after flipping falafel if the pan is dry.) (**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.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a medium non-stick pan over medium heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking until cooked through, 6-7 min.**

6



Finish and serve

- Fluff **pilaf** with a fork, then season with **salt** and **pepper**, to taste.
- Divide **pilaf** and **salad** between plates. Top with **falafel**.
- Sprinkle **remaining cilantro** over plate.
- Dollop **cilantro-yogurt sauce** over plate.

Thinly slice **chicken**. Top final plates with **chicken**.

Dinner Solved!