



# Crispy Falafel on Spiced 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

HELLO GREEK YOGURT

*High in protein, creamy and perfect as a sauce!*

## Start here

Before starting, wash and dry all produce.

### 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	14 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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### Prep

Peel, then cut **onion** into ¼-inch pieces. Halve **tomatoes**. Using a box grater, grate **half a cucumber** (1 cucumber for 4 ppl). (**TIP:** Use the side of the grater with the largest holes!) Cut **remaining cucumber** into ¼-inch rounds. Finely chop **cilantro**. Juice **half the lemon** (whole lemon for 4 ppl).



### Make raita

While **falafel** cook, 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.



### Cook pilaf

Heat a medium pot over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), 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 salt** and **1 ½ cups water** (dbl both for 4 ppl). Bring to a boil over high heat. 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.



### Make salad

Whisk together **remaining lemon juice** and **½ tbsp oil** (dbl for 4 ppl) in a medium bowl. Add **tomatoes** and **cucumber rounds**. Season with **salt** and **pepper**, to taste, then toss to combine.



### Crisp falafel

While **pilaf** cooks, 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 **½ tbsp oil** to the pan after flipping **falafel**.



### Finish and serve

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

## Dinner Solved!