



# Crispy Falafels on Spiced Pilaf with Tomato Cucumber Salad and Raita

Veggie

25 Minutes



Falafel



Indian Spice Blend



Basmati Rice



Sultana Raisins



Green Peas



Greek Yogurt



Cilantro



Lime



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

## Ingredients

	2 Person	4 Person
Falafel	8	16
Vegetable Broth Concentrate	1	2
Indian Spice Blend	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cup
Sultana Raisins	28 g	56 g
Green Peas	56 g	113 g
Greek Yogurt	100 ml	200 ml
Cilantro	7 g	14 g
Lime	1	1
Baby Tomatoes	113 g	227 g
Mini Cucumber	132 g	264 g
Red Onion	113 g	226 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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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 ½-inch rounds. Finely chop **cilantro**. Juice **half the lime** (whole lime for 4 ppl).



## Make raita

While **falafels** cook, drain **liquid** from grated **cucumber**. Add **grated cucumber**, **yogurt**, **half the cilantro** and **half the lime 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 **onions**. Cook, stirring occasionally, until **onions** soften, 1-2 min. Sprinkle **Indian Spice Blend** over top, then cook, stirring often, until fragrant, 30 sec. Add **rice**, **peas**, **raisins**, **broth concentrate**, **¼ tsp salt** and **1 ¼ cup water** (dbl both for 4 ppl) and bring to a boil over high heat. Reduce heat to medium-low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove pot from heat and let **pilaf** rest for 5 min, still covered.



## Make salad

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



## Crisp falafels

While **pilaf** cooks, heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **falafels**. Cook for 3-4 min, then flip and add **½ tbsp oil** (dbl for 4 ppl). Cook for another 2-3 min, until golden-brown on both sides. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed.)



## Finish and serve

Fluff **pilaf** with a fork, then divide between plates. Sprinkle **remaining cilantro** over rice. Divide **falafels** and **salad** between plates and serve **raita** alongside, for dipping.

## Dinner Solved!