



# Falafel Couscous

with Roasted Tomatoes, Olives and Feta

Veggie

30 Minutes



Falafel



Israeli Couscous



Mixed Olives



Baby Tomatoes



Garlic



Feta Cheese,  
crumbled



Mini Cucumber



White Wine Vinegar



Lemon



Cilantro



Parsley

## HELLO ISRAELI COUSCOUS

*Though these little spheres may look like a grain, they are actually a type of pasta!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

2 baking sheets, measuring spoons, strainer, large bowl, measuring cups, whisk, large pot

## Ingredients

	2 Person	4 Person
Falafel	8	16
Israeli Couscous	¾ cup	1 ½ cup
Mixed Olives	30 g	60 g
Baby Tomatoes	227 g	454 g
Garlic	3 g	6 g
Feta Cheese, crumbled	¼ cup	½ cup
Mini Cucumber	66 g	132 g
White Wine Vinegar	1 tbsp	2 tbsp
Lemon	1	1
Cilantro	7 g	14 g
Parsley	7 g	7 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
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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### Roast tomatoes

Add **10 cups hot water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Add **tomatoes** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **top** of the oven, stirring halfway through, 20-22 min.



### Bake falafel

While **tomatoes** roast, toss **falafel** with **1 ½ tbsp oil** (dbl for 4 ppl) on another baking sheet. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 8-10 min.



### Finish prep

While **falafel** bakes, cut **cucumber** into ¼-inch rounds. Roughly chop **parsley** and **cilantro**. Peel, then mince or grate **garlic**. Drain, then roughly chop **olives**. Juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



### Cook couscous

Add **couscous** to the large pot of **boiling water**. Cook, uncovered, until **couscous** is tender, 6-7 min. When **couscous** is tender, drain and return to the same pot, off heat.



### Marinate cucumber

While **couscous** cooks, whisk together **vinegar, garlic, 2 tbsp oil, ½ tbsp lemon juice** and **½ tsp sugar** (dbl all for 4 ppl) in a large bowl. Add **cucumbers** and **half the parsley**. Season with **salt** and **pepper**, then toss to coat.



### Finish and serve

Add **tomatoes, 2 tbsp butter** (dbl for 4 ppl), **cilantro** and **half the feta** to the pot with **couscous**. Toss to combine. Divide **couscous** between plates. Top with **falafel**, then **marinated cucumbers**. Sprinkle with **olives, remaining parsley** and **remaining feta**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!