

Falafel Couscous

with Roasted Tomatoes, Olives and Feta

Veggie

30 Minutes



Falafel



Couscous



Mixed Olives



Baby Tomatoes



Garlic, cloves



Feta Cheese, crumbled



Mini Cucumber



Lemon



Cilantro



Spicy Mayo



Radish

HELLO FALAFEL

A Middle Eastern fritter made with chickpeas, herbs and spices!

Start here

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

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

Bust out

Baking sheet, measuring spoons, zester, small pot, large bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Falafel	8	16
Couscous	½ cup	1 cup
Mixed Olives	30 g	60 g
Baby Tomatoes	227 g	454 g
Garlic, cloves	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Mini Cucumber	66 g	132 g
Lemon	1	1
Cilantro	7 g	14 g
Spicy Mayo	4 tbsp	8 tbsp
Radish	3	6
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
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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Bake falafel

- Toss **falafel** with **1 ½ tbsp** (3 tbsp) **oil** on an unlined baking sheet. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 8-10 min.



Cook couscous

- Add **⅔ cup** (1 ⅓ cups) **water** and **⅛ tsp** (¼ tsp) **salt** to a small pot. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork.



Prep

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Cut **radish** into ¼-inch rounds.
- Roughly chop **cilantro**.
- Peel, then mince or grate **garlic**.
- Drain, then roughly chop **olives**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.



Blister tomatoes

- Heat a large non-stick pan over medium-high heat.
- When hot, add **tomatoes** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**.
- Cook, stirring often, until **tomatoes** blister and soften, 3-4 min.
- Set aside.



Marinate veggies

- Meanwhile, whisk together **garlic**, **2 tbsp** (4 tbsp) **oil**, **½ tbsp** (1 tbsp) **lemon juice** and **½ tsp** (1 tsp) **sugar** in a large bowl.
- Add **cucumbers**, **radish** and **half the cilantro**. Season with **salt** and **pepper**, then toss to coat. Set aside.



Finish and serve

- Add **tomatoes**, **olives**, **¼ tsp** (½ tsp) **lemon zest**, **2 tbsp** (4 tbsp) **butter** and **half the feta** to the pot with **couscous**. Toss to combine.
- Divide **couscous** between plates.
- Top with **falafel**, then **marinated veggies**.
- Sprinkle **remaining cilantro** and **remaining feta** over top.
- Drizzle **spicy mayo** over top.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!