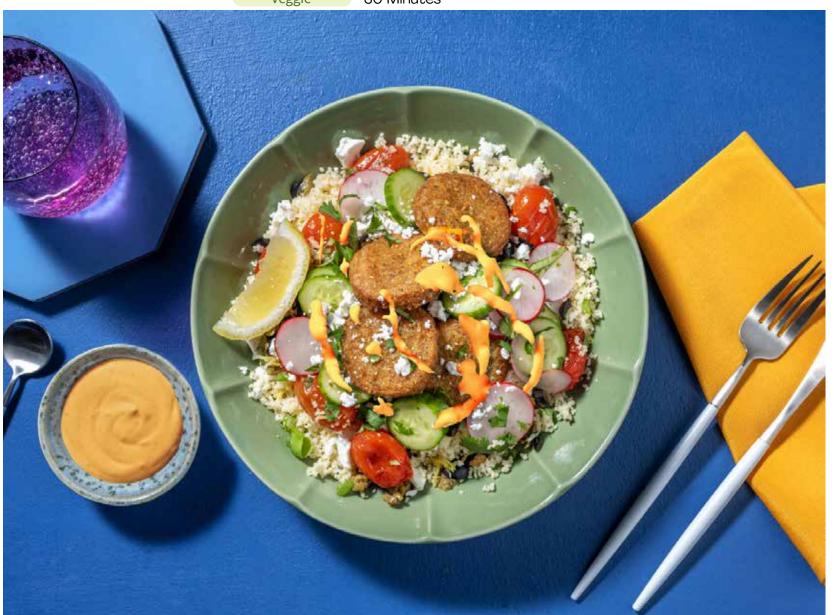


Falafel Couscous

with Roasted Tomatoes, Olives and Feta

Veggie

30 Minutes









Mixed Olives





Garlic, cloves



Feta Cheese, crumbled



Mini Cucumber



Lemon





Cilantro



Radish

Spicy Mayo

HELLO FALAFEL

Start here

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

Measurements, 1 tbsp, (2 tbsp), oil within steps 4 person

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	⅓ 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.



Bake falafel

• Toss falafel with 1 1/2 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.



Prep

- Meanwhile, cut cucumber into 1/4-inch rounds.
- Cut radish into 1/4-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.



Marinate veggies

- · Meanwhile, whisk together garlic, 2 tbsp (4 tbsp) oil, 1/2 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.



Cook couscous

- Add ¾ cup (1 ⅓ cups) water and ⅓ 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.



Blister tomatoes

- Heat a large non-stick pan over mediumhigh 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.



Finish and serve

- Add tomatoes, olives, 1/4 tsp (1/2 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.

Contact

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