



Falafel Couscous

with Blistered Tomatoes, Olives and Feta

Veggie 30 Minutes



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Falafel



Chicken Breasts



Couscous



Mixed Olives



Baby Tomatoes



Garlic, cloves



Feta Cheese, crumbled



Carrot, julienned



Lemon



Cilantro



Spicy Mayo



Radish

CUSTOM RECIPE

This is a Custom Recipe. If you chose to add chicken breasts, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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, large bowl, small pot, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Falafel	8	16
Chicken Breasts*	2	4
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
Carrot, julienned	56 g	113 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

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

† Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



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1



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.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Transfer to a plate. Reuse the same pan to cook **tomatoes** in step 5.

4



Cook couscous

- Add **⅔ 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, 5 min.
- When **couscous** is tender, fluff with a fork.

2



Prep

- Cut **radishes** 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.

5



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.

3



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 **carrots**, **radishes** and **half the cilantro**. Season with **salt** and **pepper**, then toss to coat. Set aside.

6



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.

Thinly slice and top final plates with **chicken**.

Dinner Solved!