



Falafel Pasta

with Roasted Tomatoes, Olives and Feta

Veggie

30 Minutes



Falafel



Israeli Couscous



Mixed Olives



Baby Tomatoes



Garlic



Feta Cheese



Zucchini



Red 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, microplane/zester, measuring spoons, strainer, parchment paper, small 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	¼ cup	½ cup
Zucchini	200 g	400 g
Red Wine Vinegar	1 tbsp	2 tbsp
Lemon	1	1
Cilantro	7 g	14 g
Parsley	7 g	14 g
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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1



Roast veggies

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. While water comes to a boil, peel, then mince or grate the **garlic**. Cut the **zucchini** into ¼-inch rounds. On a parchment-lined baking sheet, toss **tomatoes, zucchini** and **half the garlic** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the **top** of the oven, stirring halfway through cooking, 20-22 min.

4



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 the heat.

2



Roast falafel

Toss the **falafel** with **1 tbsp oil** (dbl for 4 ppl) on another baking sheet. Roast in the **middle** of the oven, flipping the **falafel** halfway through cooking, until golden-brown, 10-12 min.

5



Make dressing

Whisk together **vinegar, remaining garlic, 2 tbsp oil, ½ tbsp lemon juice** and **½ tsp sugar** (dbl all for 4ppl) in a small bowl. Season with **salt** and **pepper**.

3



Finish prep

Roughly chop **parsley** and **cilantro**. Roughly chop the **olives**. Juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.

6



Finish and serve

Add **roasted veggies, dressing, cilantro, half the parsley** and **half the feta** to the pot with the **couscous**. Toss to combine. Divide **couscous** between plates. Top with the **falafel**. Sprinkle with the **olives, remaining parsley** and **remaining feta**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!