



Falafel Pasta

with Roasted Tomatoes, Olives and Feta

Veggie 30 Minutes



Falafel



Israeli Couscous



Mixed Olives



Baby Tomatoes



Garlic



Feta Cheese



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 sheet, measuring spoons, strainer, large bowl, parchment paper, 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
Mini Cucumber	66 g	132 g
White Wine Vinegar	1 tbsp	2 tbsp
Lemon	1	1
Cilantro	7 g	14 g
Parsley	7 g	14 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 (**NOTE:** Use same for 4 ppl). Cover and bring to a boil, 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 cooking, 20-22 min.



Bake falafel

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



Finish prep

While **falafel** bake, cut **cucumber** into ¼-inch rounds. Roughly chop **parsley** and **cilantro**. Peel, then mince or grate **garlic**. Roughly chop the **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 the 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 the **cucumbers** and **half the parsley**. Season with **salt** and **pepper**, then toss to coat.



Finish and serve

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

Dinner Solved!