



Falafel with Raisin Couscous

with Yogurt Mint Dressing

Veggie

Quick

25 Minutes



Falafel



Couscous



Greek Yogurt



Mint



Sultana Raisins



Baby Spinach



Mediterranean Spice Blend



White Wine Vinegar



Sweet Bell Pepper



Baby Eggplant



Vegetable Broth Concentrate

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.

Bust out

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

Ingredients

	2 Person	4 Person
Falafel	8	16
Couscous	½ cup	1 cup
Greek Yogurt	100 ml	200 ml
Mint	7 g	14 g
Sultana Raisins	28 g	56 g
Baby Spinach	28 g	56 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Baby Eggplant	454 g	454 g
Vegetable Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 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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Roast veggies

- Remove stem, then cut **eggplant** into ½-inch cubes.
- Core, then cut **pepper** into ½-inch pieces.
- Add **eggplant, peppers, Mediterranean Spice Blend** and **2 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 14-16 min.



Cook falafel

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **falafel**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.)
- Fry until golden-brown, 3-4 min per side.



Finish prep

- Strip **mint leaves** from stems, then roughly chop.
- Roughly chop **spinach**.



Finish couscous and make yogurt dressing

- Fluff **couscous** with a fork, then stir in **spinach** and **half the mint**. Season with **salt** and **pepper**.
- Add **yogurt, vinegar, remaining mint, ½ tsp sugar** and **½ tbsp water** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Cook couscous

- Add **1 tbsp butter**, **⅔ cup water** (dbl both for 4 ppl) and **broth concentrate** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then stir in **couscous** and **raisins**.
- Cover and let stand for 5 min.



Finish and serve

- Divide **couscous** between plates.
- Top with **roasted veggies** and **falafel**.
- Spoon **mint yogurt dressing** over top.

Dinner Solved!