

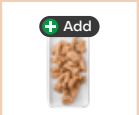


Harissa Hummus Falafel Bowls

with Spiced Rice

Veggie

25 Minutes



Plant-Based Protein Shreds
200 g | 400 g

↗ Custom Recipe + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Falafel
8 | 16



Basmati Rice
¾ cup | 1 ½ cup



Vegetable Broth Concentrate
1 | 2



Sweet Bell Pepper
1 | 2



Baby Tomatoes
113 g | 227 g



Lemon
1 | 1



Hummus
4 tbsp | 8 tbsp



Shawarma Spice Blend
1 tbsp | 2 tbsp



Garlic, cloves
1 | 2



Baby Spinach
56 g | 113 g



Harissa Spice Blend
1 tbsp | 2 tbsp



Plant-Based Mayonnaise
2 tbsp | 4 tbsp

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.

Pantry items | Oil*, sugar*, salt*, pepper*

Cooking utensils | Measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan

1



Cook rice

- Before starting, wash and dry all produce.

- Peel, then mince or grate **garlic**.
- Heat a medium pot over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **rice**, **garlic** and **Shawarma Spice Blend**.
- Cook, stirring often, until fragrant, 1 min.
- Add **broth concentrate**, **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt** and bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook, until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.

4



Make harissa hummus

- Meanwhile, add **hummus**, **Harissa Spice Blend**, **lemon zest**, **1 tsp** (2 tsp) **lemon juice**, **1 tbsp** (tbsp) **water**, **½ tsp** (1 tsp) **sugar** and **half the mayo** (use all for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, then stir to combine.

2



Prep

- Meanwhile, halve **tomatoes**.
- Core, then cut **pepper** into ¼-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.

5



Make salad

- Add **remaining lemon juice**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach**, **peppers** and **tomatoes**. Toss to combine.

3



Cook falafel

- + Add | **Protein Shreds**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 ½ tbsp** (3 tbsp) **oil**, then **falafel**. Using a spoon, break up **falafel** into bite-sized pieces.
- Cook, stirring occasionally, until crispy and golden-brown, 4-5 min.

6



Finish and serve

- + Add | **Protein Shreds**

- Fluff **rice** with a fork.
- Divide **rice** between bowls. Top with **salad** and **crispy falafel**.
- Drizzle **harissa hummus** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook falafel and protein shreds

- + Add | **Protein Shreds**

If you've opted to add **protein shreds**. When **falafels** are done, transfer to a plate. Then add **½ tbsp** (1 tbsp) **oil** to the same pan, then **protein shreds**. Cook, flipping once or twice, until crispy, 6-8 min.**

6 | Finish and serve

- + Add | **Protein Shreds**

Top final plates with **protein shreds**.

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



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