



# MOROCCAN CHICKPEA FALAFELS

With Yellow Couscous and Lemon Crema

VEGGIE



## HELLO FALAFEL

A popular street food all across the Middle East and Egypt

**PREP: 15 MIN** | **TOTAL: 30 MIN** | **CALORIES: 732**



Carrot



Roma Tomatoes



Garlic



Parsley



Lemon



Chickpeas



Panko



Moroccan Spice Blend



Almonds, sliced, toasted



Moroccan Couscous



Vegetable Broth Concentrate



Turmeric



Sour Cream



Sultana Raisins



## BUST OUT

- Grater
- Kettle
- Zester
- Measuring Cups
- Small Bowl
- Measuring Spoons
- 2 Medium Bowls
- Salt
- Potato Masher
- Pepper
- Large Non-Stick Pan
- Olive or Canola oil

## INGREDIENTS

2-person

- Carrot 340 g
- Roma Tomatoes 260 g
- Garlic 1 pkg (10 g)
- Parsley 1 pkg (10 g)
- Lemon 1
- Chickpeas 1 box
- Panko 1 1 pkg (1/3 cup)
- Moroccan Spice Blend 1 pkg (1 tbsp)
- Almonds, sliced, toasted 5 1 pkg (28 g)
- Moroccan Couscous 1 1 pkg (113 g)
- Vegetable Broth Concentrate 1
- Turmeric 1 pkg (1/4 tsp)
- Sour Cream 2 2 pkg (6 tbsp)
- Sultana Raisins 1 pkg (56 g)

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

## START STRONG

We use the chickpea liquid – also called *aquafaba* – in our falafels, as they help hold them together! Many vegans use aquafaba as an egg replacement in recipes.



### 1 PREP

**Wash and dry all produce.\***

Coarsely grate the **carrots**. Cut the **tomatoes** into 1/2-inch pieces. Mince or grate the **garlic**. Roughly chop the **parsley**. Zest, then juice the **lemon**. Add the **entire box of chickpeas and its liquid** into a medium bowl. Using a fork or potato masher, coarsely mash until it sticks together.



### 4 COOK COUSCOUS

Meanwhile, bring a kettle of **water** to a boil. In a medium bowl, combine the **couscous, broth concentrate, a pinch of turmeric** and **3/4 cup salted boiling water**. Cover and let stand for 5 min. (**TIP:** You can also bring 3/4 cup salted water to a boil in a small pot, then add the couscous to the water.)



### 2 PREP FALAFELS

Add the **garlic, Moroccan spice blend, panko, half the grated carrot** and **half the parsley** into the **chickpeas**. Season with **salt** and **pepper**. Stir together until the mixture is sticky and can be formed into a ball. Divide the **falafel mixture** into 6 portions. Form into balls, then flatten the balls into patties.



### 5 ASSEMBLE COUSCOUS

Add the **tomatoes, remaining carrot, remaining parsley, raisins** and **2 tbsp lemon juice** into the **couscous**. Season with **salt** and **pepper**. In a small bowl, combine the **sour cream, lemon zest** and **2 tsp lemon juice**. Season with **salt** and **pepper**.



### 3 COOK FALAFELS

Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **patties**. Cook until golden-brown, 3-4 min per side. Transfer to a paper towel-lined plate.



### 6 FINISH AND SERVE

Divide the **couscous** between plates. Top with the **falafels** and a dollop of **lemon crema**. Sprinkle with the **almonds**.

## SHH!

Adding grated carrots into the falafel is a fun way to sneak in extra veggies.

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