



# North African-Inspired Falafel and Green Couscous

with Blistered Veggies and Creamy Harissa Sauce

Veggie

Spicy

35 Minutes



Falafel



Couscous



Harissa Spice Blend



Lemon



Cilantro



Parsley



Baby Tomatoes



Sweet Bell Pepper



Red Onion



Mayonnaise



Zucchini

## HELLO HARISSA SPICE BLEND

*This fragrant chili pepper seasoning is commonly used in North African cuisine!*

## Start here

Before starting, wash and dry all produce.

### Bust out

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

### Ingredients

	2 Person	4 Person
Falafel	8	16
Couscous	½ cup	1 cup
Harissa Spice Blend 🌶️	1 tbsp	2 tbsp
Lemon	1	2
Cilantro	7 g	14 g
Parsley	7 g	14 g
Baby Tomatoes	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Mayonnaise	4 tbsp	8 tbsp
Zucchini	200 g	400 g
Unsalted Butter*	1 tbsp	2 tbsp
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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### Prep and cook veggies

Core, then cut **pepper** into ½-inch pieces. Peel, then cut **onion** into ½-inch pieces. Halve **zucchini** lengthwise, then cut into ½-inch-thick half-moons. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **onions, peppers, tomatoes** and **zucchini**. (NOTE: Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl, using 1 tbsp oil per batch.) Cook, stirring occasionally, until **peppers** are tender-crisp and **tomatoes** are blistered, 4-5 min. Season with **salt** and **pepper**, then transfer **veggies** to a plate. Cover to keep warm.



### Prep herbs and make harissa sauce

Roughly chop **cilantro** and **parsley**. Zest, then juice **lemon**. Whisk together **mayo**, **Harissa Spice Blend**, **half the lemon zest**, **½ tbsp lemon juice** and **1 tbsp water** (dbl both for 4 ppl) in a small bowl. Set aside.



### Cook falafel

Add **1 tbsp oil** to the same pan, then **falafel**. Pan-fry until golden-brown, 3-4 min per side. (NOTE: Don't overcrowd the pan; cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.) Transfer to the same plate as **veggies**. Cover to keep warm.



### Finish couscous

When **couscous** is tender, fluff with a fork. Add **cilantro**, **parsley** and **½ tbsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.



### Cook couscous

Meanwhile, add **¾ cup water**, **⅛ tsp salt** and **1 tbsp butter** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, remove the pot from heat, then add **couscous**. Stir to combine. Cover and let stand for 5 min.



### Finish and serve

Stir **remaining lemon zest** into **veggies**. Divide **couscous** between bowls. Top with **veggies** and **falafel**. Drizzle **harissa sauce** over top.

## Dinner Solved!