



North African-Inspired Falafel and Green Couscous with Blistered Veggies and Creamy Harissa Sauce

Veggie

Spicy

35 Minutes



Falafel



Chicken Breasts



Couscous



Harissa Spice Blend



Lemon



Parsley



Baby Tomatoes



Sweet Bell Pepper



Red Onion



Mayonnaise



Zucchini

CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken breasts, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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.
- If you've opted to add chicken breasts, preheat the oven to 425°F.

Bust out

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

Ingredients

	2 Person	4 Person
Falafel	8	16
Chicken Breasts*	2	4
Couscous	½ cup	1 cup
Harissa Spice Blend 🌶️	1 tbsp	2 tbsp
Lemon	1	2
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

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

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Prep 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 half-moons.
- Prick **tomatoes** with a fork.

Once **veggies** are prepped, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Roast in the middle of the oven until **chicken** is cooked through, 12-14 min.** Use the same non-stick pan to cook **veggies**.



Cook couscous

- Meanwhile, add ⅔ **cup water**, ⅓ **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.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 **tbsp oil**, then **onions, peppers, tomatoes, zucchini** and **half the Harissa Spice Blend**. (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, 4-6 min.
- Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.



Prep parsley and make sauce

- Roughly chop **parsley**.
- Zest, then juice **lemon**.
- Whisk together **mayo, remaining 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

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



Finish and serve

- When **couscous** is tender, fluff with a fork.
- Add **parsley** and ½ **tbsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.
- Stir **remaining lemon zest** into **veggies**.
- Divide **couscous** between bowls. Top with **veggies** and **falafel**.
- Drizzle **harissa sauce** over top.

Thinly slice **chicken**. Top plated bowls with **chicken** before drizzling **sauce** over top.