



Roasted Cauliflower and Falafel Plate

with Garlicky Roasted Red Pepper Hummus

Veggie Optional Spice 30 Minutes



Falafel



Cauliflower, florets



Harissa Spice Blend



Roasted Red Peppers



Hummus



Garlic, cloves



Flatbread



Baby Spinach



Hot Sauce



Lemon

HELLO HARISSA SPICE BLEND

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

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

Baking sheet, medium bowl, measuring spoons, silicone brush, large bowl, parchment paper, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Falafel	8	16
Cauliflower, florets	285 g	570 g
Harissa Spice Blend	1 tbsp	2 tbsp
Roasted Red Peppers	170 ml	340 ml
Hummus	57 g	114 g
Garlic, cloves	2	4
Flatbread	2	4
Baby Spinach	56 g	113 g
Hot Sauce 🌶️	1 tbsp	2 tbsp
Lemon	1	1
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.

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Roast cauliflower

Cut **cauliflower** into bite-sized pieces. Add **cauliflower, Harissa Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven until tender, 14-16 min.



Cook falafel

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **falafel**. Pan-fry until golden-brown, 4-5 min per side. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.)



Prep and make vinaigrette

While **cauliflower** roasts, drain **roasted peppers**, reserving **liquid**. Finely chop **half the peppers**, then cut **remaining peppers** into ¼-inch slices. Peel, then mince or grate **garlic**. Juice **half the lemon** (whole lemon for 4 ppl). Add **½ tbsp lemon juice**, **½ tbsp reserved roasted pepper liquid** and **1 tbsp oil** (dbl all for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.



Broil flatbreads

While **falafel** cooks, arrange **flatbreads** on an unlined baking sheet. Brush with **½ tbsp oil** (dbl for 4 ppl). Sprinkle with **remaining garlic** and season with **salt** and **pepper**. Once **cauliflower** is done, remove from the oven and set aside, then switch oven to high broil. When hot, broil **flatbreads** in the **middle** of the oven until golden-brown, 2-3 min. (**NOTE:** For 4 ppl, use 2 baking sheets. Broil flatbreads in the middle of the oven one baking sheet at a time.) (**TIP:** Keep an eye on them so they don't burn!)



Make red pepper hummus

Add **hummus, chopped roasted peppers**, **½ tbsp reserved pepper liquid** (dbl for 4 ppl) and **half the garlic** to a medium bowl. (**NOTE:** Reference garlic guide.) Season with **salt**, then mash **mixture** against the side of the bowl with a fork to smooth.



Finish and serve

Carefully cut **flatbreads** into quarters. Add **spinach** and **sliced peppers** to the large bowl with **vinaigrette**. Toss to combine. Divide **salad, roasted cauliflower** and **falafel** between plates. Drizzle **hot sauce** over **falafel**. Serve **flatbread** and **red pepper hummus** alongside for dipping. (**TIP:** We recommend spreading roasted pepper hummus on everything!)

Dinner Solved!