



CRISPY FALAFEL WITH PISTACHIO COUSCOUS

FAST & FRESH

Garlic Herb Crema, Cucumber Dill Salad & Buttery Pitas

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

- Small pot
- Bowls
- Pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (1 TBSP | 2 TBSP)



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CALORIES: 1230

1 COOK



5 oz | 10 oz
Israeli Couscous
Contains: Wheat



3 | 6
Veggie Stock Concentrates

- **Wash and dry produce.**
- In a small pot, bring **couscous**, **stock concentrates**, and **1½ cups water (3 cups for 4)** to a boil. Once boiling, cover and reduce to a low simmer. **TIP: Start with hot water to help the water boil faster.**
- Cook until tender, 6-8 minutes. Keep covered until ready to serve.



2 SIZZLE



10 | 20
Falafel

- Meanwhile, halve **falafel**.
- Drizzle **oil** in a hot pan. Cook **falafel** until golden and crispy, 2-3 minutes per side.



3 MIX



1 oz | 2 oz
Smoky Garlic Herb Sauce
Contains: Eggs



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 | 2
Mini Cucumber



4 oz | 8 oz
Grape Tomatoes



¼ oz | ½ oz
Dill



1 | 2
Lemon



½ Cup | 1 Cup
Feta Cheese
Contains: Milk

- While falafel cooks, in a bowl, mix **smoky garlic herb sauce** and **sour cream**.
- Dice **cucumber**. Halve **tomatoes**. Roughly chop **dill**. Quarter **lemon**.
- In a separate bowl, mix **cucumber**, **tomatoes**, **dill**, **feta**, **1 TBSP olive oil (2 TBSP for 4)**, and **juice from half the lemon**. Taste and season with **salt** and **pepper**.



4 SERVE



2 | 4
Pitas
Contains: Sesame, Wheat



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



2 tsp | 4 tsp
Hot Sauce

- Toast **pitas**; spread with **half the garlic herb butter**. Cut into quarters.
- Fluff **couscous**; stir in **pistachios** and **remaining garlic herb butter**.
- Divide **couscous** between plates; serve with **falafel**, **pitas**, **cucumber salad**, and **remaining lemon wedges**. Drizzle **falafel** with **garlic herb crema** and as much **hot sauce** as you like.

