



# Apricot Glazed Falafels & Chermoula Veggies

with Cucumber, Herb & Almond Salad

Grab your Meal Kit with this symbol



Potato



Beetroot



Chermoula Spice Blend



Carrot



Cucumber



Herbs



Roasted Almonds



Falafel Mix



Currants



Fine Breadcrumbs



Apricot Sauce



Mixed Leaves



Garlic Dip

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 25-35 mins  
Ready in: 30-40 mins

Plant Based

Make friends with plant-based ingredients by teaming hearty falafels with some stellar sides: chermoula roasted veggies, a crunchy salad, and a garlic dip so flavourful, you'll want to add it to everything.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beetroot	1	2
chermoula spice blend	1 sachet	1 sachet
carrot	½	1
cucumber	1 (medium)	1 (large)
herbs	1 bag	1 bag
roasted almonds	1 packet	2 packets
falafel mix	1 packet	2 packets
currants	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
apricot sauce	1 medium packet	1 large packet
mixed leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3194kJ (763Cal)	500kJ (120Cal)
Protein (g)	24.8g	3.9g
Fat, total (g)	26.1g	4.1g
- saturated (g)	2.1g	0.3g
Carbohydrate (g)	104g	16.3g
- sugars (g)	40.8g	6.4g
Sodium (mg)	1496mg	234mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **chermoula spice blend** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

2



## Get prepped

Meanwhile, grate **carrot** (see ingredients). Thinly slice **cucumber** into rounds. Pick and thinly slice **herbs**. Roughly chop **roasted almonds**.

3



## Prep the falafels

In a medium bowl, combine **carrot**, **falafel mix**, **currants**, **fine breadcrumbs** and a pinch of **salt**. Using damp hands, roll and press heaped tablespoons of **falafel mixture** into small balls (3 falafels per person). Transfer to a plate.

4



## Cook the falafels

In a large frying pan, heat **olive oil** (1/4 cup for 2 people / 1/2 cup for 4 people) over medium-high heat. When oil is hot, cook **falafels**, turning, until browned and heated through, **5-7 minutes** (cook in batches if your pan is getting crowded). Remove pan from heat, then add **apricot sauce** and toss falafels to coat.

5



## Toss the salad

In a second medium bowl, combine **mixed leaves**, **cucumber**, **almonds**, **herbs** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

6



## Serve up

Divide apricot glazed falafels, chermoula veggies and cucumber, herb and almond salad between plates. Serve with **garlic dip**.

Enjoy!