

# Falafel & Spiced Roast Veggie Couscous

with Mint Yoghurt

Grab your Meal Kit with this symbol



Kumara



Beetroot



Capsicum



Ras El Hanout



Lemon



Mint



Mixed Salad Leaves



Flaked Almonds



Greek-Style Yoghurt



Vegetable Stock Powder



Couscous



Falafel Bites

 Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

What's a quick and easy way to bring a new burst of life to a dish? Add a fresh squeeze of lemon juice and colourful roasted veggies to couscous; it adds an extra hit of flavour with every bite! Teamed with warm falafel bites and mint yoghurt, this dish is all kinds of yum.

### Pantry items

Olive Oil, Butter

## 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 · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
beetroot	1	2
capsicum	1	2
ras el hanout	1 sachet	1 sachet
lemon	½	1
mint	1 bunch	1 bunch
mixed salad leaves	1 bag (30g)	1 bag (60g)
flaked almonds	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
butter*	20g	40g
falafel bites	1 packet	2 packets
boiling water*	3 tbs	6 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3358kJ (802Cal)	560kJ (133Cal)
Protein (g)	26.5g	4.4g
Fat, total (g)	34g	5.7g
- saturated (g)	9g	1.5g
Carbohydrate (g)	97.6g	16.3g
- sugars (g)	15.2g	2.5g
Sodium (mg)	1039mg	173mg

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.



## Roast the veggies

Boil a kettle of water. Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** and **beetroot** (both unpeeled) into 1cm chunks. Cut the **capsicum** into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and sprinkle with the **ras el hanout**. Season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## Get prepped

While the veggies are roasting, zest the **lemon** to get a pinch, then slice into wedges. Pick and roughly chop the **mint** leaves. Roughly chop the **mixed salad leaves**. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. In a medium bowl, combine a generous squeeze of **lemon juice**, the **mint** (reserve a pinch for a garnish), **Greek-style yoghurt** and a drizzle of **olive oil**. Season to taste and set aside.



## Cook the couscous

In a medium saucepan, add the **water** and **vegetable stock powder**, then bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water has absorbed, **5 minutes**. Fluff up with a fork and gently stir through the **butter**.



## Cook the falafel

While the couscous is cooking, use your hands to break each **falafel bite** into halves (don't worry if they crumble!). Return the frying pan to a high heat. Carefully add the **boiling water** (see ingredients) and **falafel** and cook until the water has evaporated. Add a generous drizzle of **olive oil** to the **falafel** and cook, tossing, until golden, a further **2 minutes**. Transfer to a plate lined with paper towel, then season with **salt** and **pepper**.



## Finish the couscous

Add the roasted **veggies**, **lemon zest** and **salad leaves** to the **couscous**. Gently toss to combine and season to taste.

**TIP:** Use as much or little lemon zest as you like depending on taste.



## Serve up

Divide the spiced roast veggie couscous between bowls and top with the falafel. Spoon over the mint yoghurt. Garnish with the toasted almonds and reserved mint. Serve with any remaining lemon wedges.

Enjoy!