



# Harissa-Hummus Falafel Bowls

with Spiced Rice

Veggie

Quick

25 Minutes



Falafel



Basmati Rice



Vegetable Broth Concentrate



Sweet Bell Pepper



Baby Tomatoes



Lemon



Hummus



Shawarma Spice Blend



Garlic, cloves



Baby Spinach



Harissa Spice Blend

HELLO FALAFEL

*A Middle Eastern fritter made with chickpeas, herbs and spices!*

## Start here

Before starting, wash and dry all produce.

### Bust out

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

### Ingredients

	2 Person	4 Person
Falafel	8	16
Basmati Rice	¾ cup	1 ½ cups
Vegetable Broth Concentrate	1	2
Sweet Bell Pepper	160 g	320 g
Baby Tomatoes	113 g	227 g
Lemon	1	1
Hummus	4 tbsp	8 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	1	2
Baby Spinach	56 g	113 g
Harissa Spice Blend	1 tbsp	2 tbsp
Sugar*	¾ tsp	1 ½ tsp
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.*

### Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



### Cook rice

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice, garlic** and **Shawarma Spice Blend**. Cook, stirring often, until fragrant, 1 min. Add **broth concentrate, 1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



### Make harissa hummus

While **falafel** cook, add **hummus, Harissa Spice Blend, lemon zest, 1 tsp lemon juice, 1 tbsp water** and **½ tsp sugar** (dbl all for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



### Prep

While **rice** cooks, halve **tomatoes**. Core, then cut **pepper** into ¼-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.



### Make salad

Add **remaining lemon juice, ¼ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **spinach, peppers** and **tomatoes**. Toss to combine.



### Cook falafel

Heat a large non-stick pan over medium-high. When hot, add **1 ½ tbsp oil** (dbl for 4 ppl), then **falafel**. Using a spoon, break up **falafel** into bite-sized pieces. Cook, stirring occasionally, until **falafel pieces** are crispy and golden-brown, 4-5 min.



### Finish and serve

Fluff **rice** with a fork. Divide **rice** between bowls. Top with **salad** and **crispy falafel**. Drizzle **harissa hummus** over top. Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!