

Falafel & Roast Cauliflower Bowl

with Cherry Tomato Salad & Hummus

Grab your Meal Kit with this symbol



Red Onion



Cauliflower



Spinach Falafel



Cherry Tomatoes



Cucumber



Hummus



Flaked Almonds



Rocket Leaves

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

 Carb Smart

 Naturally gluten-free
Not suitable for Coeliacs

These warm flavourful falafels are the perfect match for roasted cauliflower and a refreshing cherry tomato salad. Bonus: it's a super easy, low carb meal that you'll want again and again!

Pantry items

Olive Oil, Rice 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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
cauliflower	1 portion	1 portion
spinach falafel	1 tub	2 tubs
cherry tomatoes	1 punnet	2 punnets
cucumber	1	2
hummus	1 tub (100g)	1 tub (200g)
flaked almonds	1 packet	2 packets
rocket leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1839kJ (439Cal)	347kJ (82Cal)
Protein (g)	15.1g	2.8g
Fat, total (g)	41.4g	7.8g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	17.1g	3.2g
- sugars (g)	13.7g	2.6g
Sodium (mg)	1440mg	278mg
Dietary fibre (g)	13.9g	2.6g

The quantities provided above are averages only.

Allergens

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

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



Pickle the onion

Preheat the oven to **240°C/220°C fan-forced**. Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **red onion** in your hands then add to the **pickling liquid**. Add enough **water** to cover the **onion** and stir to coat. Set aside.



Roast cauliflower

Chop the **cauliflower** into small florets. Place on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast for **15-20 minutes**.



Get prepped

While the onion is pickling, use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!). Halve the **cherry tomatoes**. Roughly chop the **cucumber**. In a small bowl, combine the **hummus** and a generous splash of **water**. Set aside. Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Cook the falafel

Return the medium frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. Once the oil is hot, cook the **falafels**, tossing, for **4-6 minutes** or until deep golden brown. Transfer to a plate lined with paper towel. Season with **salt**.



Make the salad

While the falafels are cooking, combine a small drizzle of the **pickling liquid** and **olive oil** in a medium bowl. Drain the **pickled onion**. Add the **pickled onions**, **cherry tomatoes**, **cucumber** and **rocket leaves** to the dressing and toss to combine. Season to taste.



Serve up

Divide the roast cauliflower, falafel and cherry tomato salad between bowls. Drizzle the hummus over the falafel and cauliflower. Sprinkle over the toasted almonds.

Enjoy!