

SPINACH FALAFEL & PEARL COUSCOUS

with Roasted Eggplant & Lemon Hummus Sauce



Add fresh lemon juice to hummus





Red Capsicum







Baby Spinach





Leaves

Lemon

Parsley





Flaked Almonds

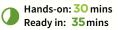
Pearl Couscous



Hummus

Spinach Falafel

Pantry Staples: Olive Oil



Dive into this colourful bowl of goodness and get ready for a medley of flavour. With morsels of spinach falafel plus a colourful variety of roasted veggies all tossed together with tender pearl couscous, this is a magical meal that will show you falafel in a whole new way!

START

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use: • oven tray lined with baking paper • medium saucepan • medium frying pan



ROAST THE VEGGIES

■ Preheat the oven to 220°C/200°C fanforced. Cut the red capsicum and baby eggplant into 2cm chunks. *TIP: Cut the* veggies to the correct size so they cook in the allocated time. Place the vegetables, a generous pinch of salt and pepper and a drizzle of olive oil onto the oven tray lined with baking paper. Toss to coat, then roast for 25 minutes, or until tender. Finely chop the garlic (or use a garlic press). Add the garlic to the tray, toss to coat then roast for a further 5 minutes or until fragrant.



2 TOAST THE ALMONDS While the veggies are roasting, roughly chop the **baby spinach leaves**. Juice the **lemon** to get **2 tsp for 2 people / 1 tbs for 4 people** then cut the remaining lemon into wedges. Roughly chop the **parsley**. Heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast for **2-3 minutes**, or until golden. Transfer to a small bowl.



COOK THE PEARL COUSCOUS

Heat a medium saucepan over a mediumhigh heat with a drizzle of olive oil and the pearl couscous. Cook, stirring occasionally, for 1-2 minutes or until golden and toasted. Add the water and a generous pinch of salt. Reduce the heat to medium and simmer, stirring occasionally, for 10-12 minutes or until the couscous is tender and the water has been absorbed. Transfer to a medium bowl. *TIP:* Pearl couscous has a firm, slightly chewy texture.



	2P	4P
olive oil*	refer to method	refer to method
red capsicum	1	2
baby eggplant	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
lemon	1	2
parsley	1 bag	1 bag
flaked almonds	1 packet	2 packets
pearl couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
hummus	1 tub (100 g)	1 tub (200 g)
spinach falafel	1 tub	2 tubs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2580kJ (617Cal)	698kJ (167Cal)
Protein (g)	18.8g	5.1g
Fat, total (g)	45.5g	12.3g
- saturated (g)	4.6g	1.2g
Carbohydrate (g)	49.1g	13.3g
- sugars (g)	9.6g	2.6g
Sodium (g)	1420mg	383mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

A MAKE THE LEMON HUMMUS While the couscous is cooking, combine the hummus, lemon juice, a dash of water and a pinch of salt and pepper in a small bowl and mix to a drizzle consistency. *TIP:* Add more lemon juice if you like!



In a medium bowl, use your hands to break each spinach falafel into quarters (don't worry if they crumble!). Return the frying pan to a medium-high heat with enough oil to coat the base of the pan. Add the falafel pieces (don't forget the crumbs!) and a generous pinch of salt and cook, stirring, for 4-5 minutes, or until golden. Season with pepper. Add the roasted vegetables and baby spinach to the couscous. Toss gently to combine and season with salt and pepper.



SERVE UP

Divide the pearl couscous and veggies between bowls. Top with the crumbled falafel and drizzle with the lemon hummus sauce. Sprinkle with the parsley and almonds. Serve with lemon wedges.

ENJOY!

→ JOIN OUR PHOTO CONTEST!

🗿 🍠 🖪 #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

2019 | WK3

