



Spinach Falafel & Pumpkin Couscous

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Brown Onion



Beetroot



Peeled & Chopped Pumpkin



Garlic



Baby Spinach Leaves



Parsley



Flaked Almonds



Vegetable Stock



Couscous



Spinach Falafel



Creamy Pesto Dressing



Greek-Style Yoghurt

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

When a wholesome, nutritious dinner tastes as good as this one, it's easy to do your body a favour. Tuck in and let the sweet roasted veggies, crisp falafel and more-ish pesto dressing take you to a state of bliss.

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
beetroot	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (60g)	1 bag (120g)
parsley	1 bag	1 bag
flaked almonds	1 packet	2 packets
butter*	1 tbs	2 tbs
water*	¾ cup	1½ cup
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
spinach falafel	1 tub	2 tubs
creamy pesto dressing	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3055kJ (730Cal)	534kJ (127Cal)
Protein (g)	25.5g	4.5g
Fat, total (g)	46.5g	8.1g
- saturated (g)	9.1g	1.6g
Carbohydrate (g)	64.1g	11.2g
- sugars (g)	26.9g	4.7g
Sodium (mg)	1940mg	339mg

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **brown onion** into 2cm wedges. Cut the **beetroot** (unpeeled) into 1cm chunks. Place the **red onion, beetroot** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with the **salt** and a pinch of **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

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



Cook the falafel

Use your hands to break each **spinach falafel** into quarters (don't worry if they crumble!). When the veggies have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **falafel**, tossing, until deep golden brown, **5-6 minutes**. Transfer to a plate lined with paper towel. Season with **salt** and **pepper**.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Roughly chop the **parsley** leaves. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing occasionally, until golden, **2-3 minutes**. Transfer to a plate.



Bring it all together

When the veggies are done, add them to the saucepan with the garlic **couscous**, along with the **spinach** and **parsley**. Toss to combine. Season to taste. In a small bowl, combine the **creamy pesto dressing** and **Greek-style yoghurt**.



Make the garlic couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

Divide the pumpkin couscous between bowls and top with the spinach falafel. Top with the creamy pesto yoghurt and sprinkle with flaked almonds.

Enjoy!