



Glazed Falafels and Harissa Tabbouleh with Tomato, Cucumber and Cheese

Classic 20-25 Minutes • Medium Spice • 2 of your 5 a day

4



Bulgur Wheat



Medium Tomato



Cucumber



Red Wine Vinegar



Red Pepper Chilli Jelly



Harissa Paste



Greek Style Salad Cheese



Ready to Eat Falafels

Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Bulgur Wheat 13	120g	180g	240g
Medium Tomato	2	3	4
Cucumber**	½	¾	1
Red Wine Vinegar 14	12g	18g	24g
Red Pepper Chilli Jelly	25g	37g	50g
Harissa Paste 14	50g	75g	100g
Greek Style Salad Cheese** 7	50g	100g	100g
Ready to Eat Falafels**	171g	266g	342g
Pantry	2P	3P	4P
Water for the Bulgur Wheat*	240ml	360ml	480ml
Honey*	½ tbsp	1 tbsp	1 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2332 /557	616 /147
Fat (g)	23.3	6.2
Sat. Fat (g)	5.3	1.4
Carbohydrate (g)	71.4	18.9
Sugars (g)	19.8	5.2
Protein (g)	15.2	4.0
Salt (g)	1.61	0.43

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Bring on the Bulgur

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pour the **water for the bulgur wheat** (see pantry for amount) into a large saucepan and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Add the Glaze

When the **falafels** are golden, remove from the oven.

Drizzle over the **red pepper chilli jelly** and turn to coat the **falafels** in the **glaze**.



Dress to Impress

Meanwhile, cut the **tomatoes** into 1cm chunks.

Trim the **cucumber** (see ingredients for amount), then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

In a medium bowl, combine the **red wine vinegar**, **honey** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Stir the **tomato** and **cucumber** into the **dressing**.



Tabbouleh Time

When the **bulgur** is ready, fluff up the **grains** with a fork, then stir through the **cucumber**, **tomato** and **harissa paste** (add less if you'd prefer things milder).

Season to taste with **salt** and **pepper**.



Bake the Falafels

Place the **falafels** onto a medium baking tray and bake on the top shelf of your oven until golden brown, 5-8 mins.



Serve Up

Share the **harissa tabbouleh** between your serving bowls, then top with the **glazed falafel**.

Finish by crumbling over the **Greek style cheese**.

Enjoy!