



# Baked Falafel and Salad Wraps with Harissa Mayo Drizzle and Spiced Fries

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day

4



Potatoes



Roasted Spice  
and Herb Blend



Cider Vinegar



Mayonnaise



Harissa Paste



Medium Tomato



Carrot



Moroccan Falafels



Plain Taco  
Tortilla



Baby Leaf Mix

#### Pantry Items

Oil, Salt, Pepper, Sugar, 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

Baking tray, bowl and grater.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Cider Vinegar <b>14)</b>	15ml	23ml	30ml
Mayonnaise <b>8) 9)</b>	64g	96g	128g
Harissa Paste <b>14)</b>	50g	75g	100g
Medium Tomato	1	2	2
Carrot**	1	2	2
Moroccan Falafels**	171g	266g	342g
Plain Taco Tortilla <b>13)</b>	4	6	8
Baby Leaf Mix**	20g	50g	50g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	533g	100g
Energy (kJ/kcal)	2969/ 710	557/ 133
Fat (g)	28.0	5.2
Sat. Fat (g)	3.3	0.6
Carbohydrate (g)	99.8	18.7
Sugars (g)	16.9	3.2
Protein (g)	15.1	2.8
Salt (g)	2.63	0.49

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

## Allergens

**8)** Egg **9)** Mustard **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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## Eyes on the Fries

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

Chop the **potatoes** lengthways into thin 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the fries onto a large baking tray. Drizzle with **oil**, sprinkle over the **roasted spice and herb blend**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Bake the Falafels

When the **fries** have 5-8 mins left, place the **falafels** onto another large baking tray.

Bake them on the middle shelf of your oven for the remaining time until golden brown, 5-8 mins.



## Mix the Dressing

Meanwhile, in a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (See pantry for both amounts).

Season with **salt** and **pepper**, mix well, then set your **dressing** aside.



## Tortilla Time

A couple of mins before everything's ready, pop the **tortillas** (2 per person) into the oven to warm through, 1-2 mins.

Add the **tomato chunks**, **grated carrot** and **baby leaves** to the bowl of **dressing** and toss together. **TIP:** Don't do this too early or the leaves will go soggy.



## Get Prepped

In a small bowl, combine the **mayo** and **harissa paste** (add less if you'd prefer things milder).

Cut the **tomato** into 1cm chunks. Grate the **carrot** (no need to peel).



## That's a Wrap

When ready, transfer the **tortillas** to your plates. Add some **salad** to each one, then top with the **falafels**.

Drizzle over some of the **harissa mayo**, then fold over both sides of the **wraps**.

Serve your **wraps** with the **spiced fries**, any remaining **salad** and the remaining **harissa mayo** alongside.

Enjoy!