



# Glazed Falafels and Spiced Chips

with Pesto & Roasted Garlic Yogurt, Salad and Pumpkin Seeds

4

Classic 30-35 Minutes • Mild Spice



Potatoes



Roasted Spice & Herb Blend



Garlic Clove



Medium Tomato



Fresh Pesto



Ready to Eat Falafels



Greek Style Natural Yoghurt



Red Pepper Chilli Jelly



Baby Leaf Mix



Pumpkin Seeds

**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. Ingredients in **red** are hot!

## Cooking tools

Baking tray, aluminium foil and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Garlic Clove**	3	4	6
Medium Tomato	1	2	2
Fresh Pesto** 7)	38g	50g	100g
ReadytoEatFalafels**	171g	266g	342g
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Red Pepper Chilli Jelly	25g	37g	50g
Baby Leaf Mix**	20g	50g	50g
Pumpkin Seeds	15g	25g	30g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsps	1½ tbsps	2 tbsps

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	431g 2319 /554	100g 538 /129
Fat (g)	25.4	5.9
Sat. Fat (g)	5.8	1.3
Carbohydrate (g)	67.9	15.7
Sugars (g)	17.0	3.9
Protein (g)	13.6	3.1
Salt (g)	1.43	0.33

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

## Allergens

### 7) Milk

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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1



## Chip, Chip, Hooray

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

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

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

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

4



## Mix your Pesto Yoghurt

When the **chips** have 10 mins left, place the **falafels** onto the baking tray used for the **garlic** and bake on the middle shelf of your oven until golden brown, 5-8 mins.

Meanwhile, in a medium bowl, mix together the **yoghurt**, **roasted garlic** and the remaining **pesto**. Season with **salt** and **pepper**, then set your **pesto yoghurt** aside.

2



## Roast the Garlic

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Roast the **parcel** on another baking tray until soft, 10-12 mins, then remove from the oven and allow to cool.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

5



## Glaze the Falafels

Once the **falafels** have baked, drizzle each with the **red pepper chilli jelly** and shake the tray to glaze them.

Just before serving, add the **baby leaves** to the bowl of **tomatoes** and toss to combine.

3



## Dress the Tomatoes

While everything cooks, cut the **tomato** into 1cm chunks.

In a large bowl, add the **tomato chunks**, **sugar** and **olive oil for the dressing** (see pantry for both amounts), then mix in **half the pesto** (see ingredients for amount).

Toss to combine and set aside.

6



## Serve Up

Transfer the **glazed falafels** to your plates and drizzle over the **pesto yoghurt**. Sprinkle over the **pumpkin seeds**.

Serve with the **salad** and **spiced chips** alongside.

## Enjoy!