



# Falafel, Greek Style Cheese & Avocado Salad with Walnuts, Rocket and French Dressing

Lunch 5-10 Minutes • 2 of your 5 a day

27A

Find all your unchilled Market items in bag A.



Avocado



Wild Rocket



Ready to Eat Falafels



French Dressing



Greek Style Salad Cheese



Walnuts

## Before you start

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

## Cooking tools

Bowl.

## Ingredients

Ingredients	Quantity
Avocado	1
Wild Rocket**	20g
Ready to Eat Falafels**	171g
French Dressing <b>9)</b>	30g
Greek Style Salad Cheese** <b>7)</b>	50g
Walnuts <b>2)</b>	40g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	231g / 533	100g / 231
Fat (g)	43.3	18.8
Sat. Fat (g)	8.5	3.7
Carbohydrate (g)	21.0	9.1
Sugars (g)	6.4	2.8
Protein (g)	13.1	5.7
Salt (g)	1.56	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**2)** Nuts **7)** Milk **9)** Mustard

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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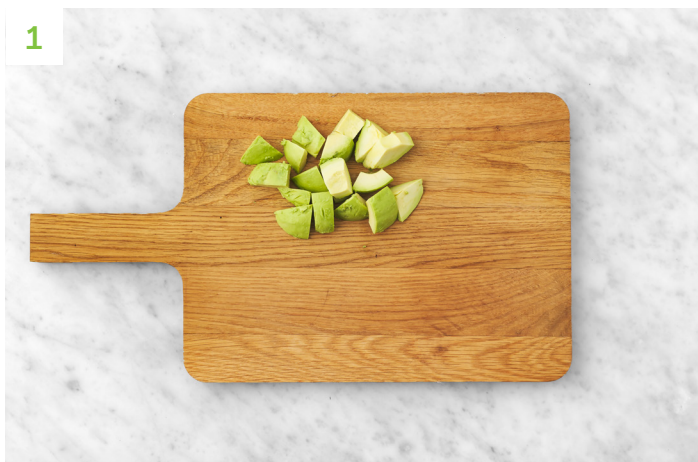
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## Hello Avo

**a)** If you don't have a microwave, preheat your oven to 220°C/200°C fan/gas mark 7 for the **falafels**.

**b)** Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 2cm chunks.

2



## Dress the Rocket

**a)** Add your **rocket** to a large bowl.

**b)** Place the **falafels** on a plate and microwave, 800W: 75 secs / 900W: 45 secs / 1000W: 30 secs. If you don't have a microwave, place the **falafels** onto a baking tray and bake on the top shelf until golden brown, 5-8 mins.

**c)** When you're ready to serve, pour the **French dressing** over the **rocket** and toss to coat. Share the **dressed salad** between 2 serving bowls.

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## Finish and Serve

**a)** Arrange the **avocado** over the top of the **dressed rocket**.

**b)** Crumble over the **Greek style salad cheese**.

**c)** Scatter over the warm **falafel** and sprinkle over the **walnuts** to finish.

Enjoy!