



# Harissa Falafels and Seasoned Chips

with Red Pepper Chilli Jelly, Salad and Pumpkin Seeds

Limited Edition 30-35 Minutes • Mild Spice • 2 of your 5 a day • Veggie

21



Potatoes



Roasted Spice and Herb Blend



Medium Tomato



Cider Vinegar



Ready to Eat Falafels



Mayonnaise



Harissa Paste



Baby Leaf Mix



Red Pepper Chilli Jelly



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 and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes**	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Medium Tomato	1	2	2
Cider Vinegar <b>14)</b>	15ml	22ml	30ml
Ready to Eat Falafels**	171g	266g	342g
Mayonnaise <b>8) 9)</b>	64g	96g	128g
Harissa Paste <b>14)</b>	25g	37g	50g
Baby Leaf Mix**	50g	70g	100g
Red Pepper Chilli Jelly	50g	74g	100g
Pumpkin Seeds	15g	30g	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 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>483g</b>	<b>100g</b>
Energy (kJ/kcal)	2547 /609	528 /126
Fat (g)	26.3	5.5
Sat. Fat (g)	2.5	0.5
Carbohydrate (g)	81.0	16.8
Sugars (g)	23.5	4.9
Protein (g)	12.4	2.6
Salt (g)	1.72	0.36

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

## Allergens

**8) Egg 9) Mustard 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, 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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## 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).



## 4 Mix your Harissa Mayo

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

Meanwhile, in a small bowl, mix together the **mayo** and **harissa** (see ingredients for amount). Season with **salt** and **pepper**, then set your **harissa mayo** aside.

**TIP:** Keep any remaining harissa for another recipe.



## 2 Get Baking

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.



## 5 Toss the Salad

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



## 3 Dress the Tomatoes

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

In a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts), then add in the **tomato chunks**.

Toss to combine and set aside.



## 6 Serve Up

Transfer the **falafels** to your plates and drizzle over the **harissa mayo** and the **red pepper chilli jelly**. Sprinkle over the **pumpkin seeds**.

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

## Enjoy!