



# Falafel, Houmous and Paprika Butter with Chips and Pickled Onion Salad

Limited Edition 35-40 Minutes • Mild Spice • 2 of your 5 a day • Veggie

21



Potatoes



Red Onion



Red Wine Vinegar



Medium Tomato



Ready to Eat Falafels



Honey



Red Pepper Chilli Jelly



Smoked Paprika



Baby Leaf Mix



Houmous

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil, Butter

## 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, bowl, frying pan and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion**	½	1	1
Red Wine Vinegar <b>14)</b>	12ml	18ml	24ml
Medium Tomato	1	1½	2
Ready to Eat Falafels**	171g	266g	342g
Honey	15g	22g	30g
Red Pepper Chilli Jelly	25g	37g	50g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Baby Leaf Mix**	20g	40g	50g
Houmous** <b>3)</b>	100g	150g	200g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Pickle*	½ tsp	¾ tsp	1 tsp
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Butter*	30g	45g	60g

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>508g</b>	<b>100g</b>
Energy (kJ/kcal)	2899 /693	570 /136
Fat (g)	32.7	6.4
Sat. Fat (g)	10.1	2.0
Carbohydrate (g)	84.5	16.6
Sugars (g)	24.1	4.7
Protein (g)	14.1	2.8
Salt (g)	1.40	0.28

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

## Allergens

**3)** Sesame **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, mollusc, 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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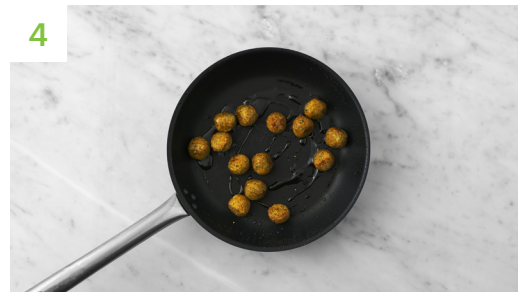
## Make the Chips

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 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.



## Fry the Falafels

Put a large frying pan on high heat and add enough **oil** to completely coat the bottom of the pan.

Once hot, carefully add the **falafels** to the pan and reduce the heat to medium-high. Cook until golden, 2-4 mins. Adjust the heat as necessary.

Once cooked, remove from the heat and drizzle over the **honey**. Turn the **falafels** in the **honey** to coat.

**TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



## Get in a Pickle

In the meantime, halve, peel, and slice the **red onion** (see ingredients for amount) as thinly as you can.

Pop it into a medium bowl and add the **red wine vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together and set aside.



## Make your Paprika Butter

When everything's nearly ready, add **butter** (see pantry for amount), **red pepper chilli jelly** and **smoked paprika** to a small saucepan on medium heat. Warm to melt the **butter**, 1 min. Stir the **sauce** well to combine.

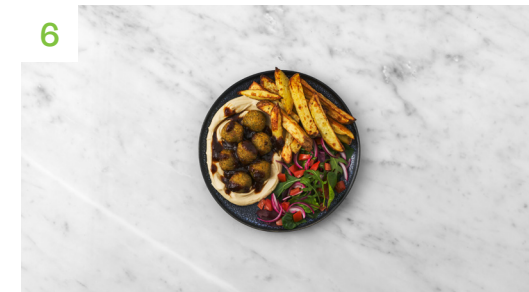
Just before you're ready to serve, toss the **baby leaves** with the **pickled onion** and **tomato**. **TIP:** Don't add the leaves too early or they'll go soggy.



## Tomato Time

Meanwhile, cut the **tomato** into 1cm chunks. Add to the bowl of **pickled onion** and stir through the **olive oil** (see pantry for amount).

Toss to coat in the **dressing**.



## Finish and Serve

Spoon a large dollop of **houmous** onto each of your serving plates.

Place your **falafels** on top and drizzle over the **paprika butter**.

Serve with your **chips** and **salad** alongside.

## Enjoy!