



Easy Falafel, Avocado and Harissa Tacos

with Greek Style Cheese and Rocket

Lunch 10-15 Minutes • **Medium Spice** • 2 of your 5 a day • Veggie

13A

Find all your unchilled Market items in bag A.



Ready to Eat Falafels



Harissa Paste



Avocado



Wild Rocket



Plain Taco Tortillas



Greek Style Salad Cheese

Pantry Items

Mayonnaise, Olive Oil, Salt, Pepper, Honey

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	Quantity
Ready to Eat Falafels**	266g
Harissa Paste 14)	50g
Avocado	1
Wild Rocket**	40g
Plain Taco Tortillas 13)	6
Greek Style Salad Cheese** 7)	50g

Pantry	Quantity
Mayonnaise*	2 tbsp
Olive Oil for the Dressing*	1 tbsp
Honey*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	399g	100g
Energy (kJ/kcal)	4000 /956	1004 /240
Fat (g)	56.8	14.3
Sat. Fat (g)	10.0	2.5
Carbohydrate (g)	84.2	21.1
Sugars (g)	17.6	4.4
Protein (g)	21.0	5.3
Salt (g)	3.04	0.76

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

Allergens

7) Milk **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, 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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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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2



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Bake the Falafels

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Place the **falafels** onto a baking tray.
- Once the oven is hot, bake on the middle shelf until golden brown, 5-8 mins.
- Meanwhile, in a small bowl, combine the **harissa paste** and the **mayo** (see pantry for amount).

Hello Avo!

- Halve the **avocado** and remove the stone. Cut the **avocado** into chunks (while it's still in its skin), then use a tablespoon to scoop out the flesh into a medium bowl.
- Add the **rocket** and **olive oil for the dressing** (see pantry for amount) to the bowl of **avocado**. Season with **salt** and **pepper**, then toss to coat.
- When the **falafels** have 2 mins remaining in the oven, place the **tortillas** onto a baking tray and warm through in the oven on the top shelf, 1-2 mins.

Assemble and Serve

- Once the **falafels** are baked, remove from the oven and drizzle over the **honey** (see pantry for amount).
- Share the **tortillas** between your plates.
- Spread the **harissa mayo** over the **tortillas**, then top with the **rocket**, **avocado** and **falafels**.
- Crumble over the **Greek style salad cheese** to finish.

Enjoy!