



# Falafel Mezze Bowl

with Honey Roasted Aubergine and Zhoug Couscous

**Classic** 30-35 Minutes • **Mild Spice** • 2 of your 5 a day • Veggie

20



Aubergine



Garlic Clove



Medium Tomato



Couscous



Vegetable Stock Paste



Ready to Eat Falafels



Greek Style Natural Yoghurt



Zhoug Style Paste

**Pantry Items**

Oil, Salt, Pepper, Butter, 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, aluminium foil, garlic press, saucepan, lid, kitchen scissors and bowl.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	1½	2
Garlic Clove**	4	6	8
Medium Tomato	1	2	2
Couscous <b>13</b>	120g	180g	240g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Ready to Eat Falafels**	171g	342g	342g
Greek Style Natural Yoghurt** <b>7</b>	75g	120g	150g
Zhoug Style Paste	45g	67g	90g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Butter*	20g	30g	40g
Water for the Couscous*	200ml	300ml	400ml
Honey*	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>496g</b>	<b>100g</b>
Energy (kJ/kcal)	2754 /658	556 /133
Fat (g)	29.8	6.0
Sat. Fat (g)	9.1	1.8
Carbohydrate (g)	77.3	15.6
Sugars (g)	20.6	4.2
Protein (g)	16.9	3.4
Salt (g)	2.49	0.50

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

## Allergens

**7)** Milk **10)** Celery **13)** Cereals containing gluten

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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60 Worship St, London EC2A 2EZ



## Roast the Aubergine

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

Trim the **aubergine**, then halve lengthways. Cut each **half** into four long strips, then widthways into thirds.

Pop the **aubergine** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast the **aubergine** on the top shelf until soft and golden, 25-30 mins. Turn halfway through.



## Bake your Falafels

When your **roasted garlic** is ready, remove the **parcel** from the baking tray and allow to cool slightly.

Place the **falafels** onto the (now empty) baking tray and bake on the middle shelf until golden brown, 6-9 mins.

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

In a small bowl, combine the **mashed garlic** and **yoghurt**. Season with **salt** and **pepper**.



## Prep Time

Pop **half** the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the parcel on a baking tray on the middle shelf of your oven until soft, 10-12 mins.

Meanwhile, cut the **tomato** into 1cm chunks.

Peel and grate the remaining **garlic** (or use a garlic press).



## Bring the Flavour

When the **aubergine** has 5 mins left, drizzle over the **honey** (see pantry for amount) and toss to coat. Return to the oven and bake for the remaining time until golden and sticky.

When the **couscous** is cooked, stir through the **zhoug** (add less if you'd prefer things milder) and **tomato chunks**. Taste and season with **salt** and **pepper** if needed.



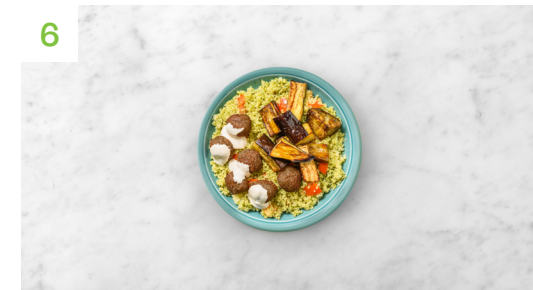
## Cook the Couscous

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount).

When hot, add the **garlic** and fry for 1 min, then stir in the **couscous** until coated, 1 min.

Add the **vegetable stock paste** and **water for the couscous** (see pantry for amount). Bring to the boil.

When boiling, remove from the heat and pop a lid on the pan. Leave to the side for 8-10 mins or until ready to serve.



## Serve Up

Share your **couscous** between your serving bowls and top with the **falafels** and **honey roasted aubergine**. Spoon the **garlic yoghurt** over the **falafels** to finish.

## Enjoy!