



# Falafel and Bulgur Tabbouleh Mezze Bowl

with Sweet Potato, Pickled Carrot and Harissa Yoghurt

Classic 30-35 Minutes • Medium Spice • 3 of your 5 a day

43



**Ingredient Spotlight:** Fresh and herby, tabbouleh is popular in Middle Eastern cuisine. This salad is full of flavour, making it the ideal veg-filled base. Scan the QR code to let us know what you think!



-  Sweet Potato
-  Roasted Spice and Herb Blend
-  Garlic Clove
-  Bulgur Wheat
-  Vegetable Stock Paste
-  Lemon
-  Carrot
-  Greek Style Natural Yoghurt
-  Harissa Paste
-  Flat Leaf Parsley
-  Ready to Eat Falafels

**Pantry Items**  
Oil, Salt, Pepper, Sugar, 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, garlic press, saucepan, lid, peeler and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Bulgur Wheat <b>13</b>	120g	180g	240g
Vegetable Stock Paste <b>10</b>	15g	20g	30g
Lemon**	1	1	1
Carrot**	1	2	2
Greek Style Natural Yoghurt** <b>7</b>	75g	150g	150g
Harissa Paste <b>14</b>	50g	75g	100g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Ready to Eat Falafels**	171g	266g	342g

Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Honey*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3075 /735	519 /124
Fat (g)	20.7	3.5
Sat. Fat (g)	4.0	0.7
Carbohydrate (g)	120.3	20.3
Sugars (g)	37.4	6.3
Protein (g)	18.7	3.2
Salt (g)	3.22	0.54

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 **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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The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Roast the Sweet Potato

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

Chop the **sweet potato** into 1cm chunks (no need to peel), then pop it onto a large baking tray.

Drizzle with **oil**, sprinkle over the **roasted spice and herb blend**, 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, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



## Mix your Tabbouleh

In a small bowl, combine the **yoghurt** with **half** the **harissa paste** (add less if you'd prefer things milder). Set aside.

Roughly chop the **parsley** (stalks and all).

Once the **bulgur** is ready, fluff it up with a fork and stir in the **parsley** and remaining **harissa paste**.

Add a good squeeze of **lemon juice** and season with **salt** and **pepper**. Set your **tabbouleh** aside for now.



## Cook the Bulgur

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **garlic** and fry for 30 secs, then stir in the **bulgur** and cook for another 30 secs.

Stir in the **vegetable stock paste** and **water for the bulgur wheat** (see pantry for amount), then bring to the boil. Simmer for 1 min, then pop a lid on the pan and remove from the heat.

Leave to the side for 12-15 mins or until ready to serve.



## Bring on the Falafel

Just before the **sweet potato** is ready, 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.

Once ready, drizzle the **honey** (see pantry for amount) over the **falafels** and turn so they're nicely glazed.



## What a Pickle

Meanwhile, cut the **lemon** into wedges.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Pop the **carrot ribbons** into a medium bowl. Squeeze in some **lemon juice** and add the **sugar for the pickle** (see pantry for amount).

Season with **salt**, mix together well, then set aside to pickle.



## Serve Up

Share your **tabbouleh** between your serving bowls.

Top the **tabbouleh** with your **glazed falafels**, **roast sweet potato** and **pickled carrot** in separate sections.

Drizzle the **harissa yoghurt** over the **falafels** and **sweet potato** to finish.

Serve with any remaining **lemon wedges** for squeezing over.

## Enjoy!