



# Glazed Falafels and Harissa Tabbouleh with Tomato, Cucumber and Garlic Yoghurt

**Quick** 20-25 Minutes • **Medium Spice** • 3 of your 5 a day • Veggie

18



Bulgur Wheat



Vegetable Stock Paste



Medium Tomato



Baby Cucumber



Red Wine Vinegar



Ready to Eat Falafels



Garlic Clove



Greek Style Natural Yoghurt



Red Pepper Chilli Jelly



Harissa Paste



Halloumi

#### Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil

#### + Add Halloumi

If you chose to add halloumi, then just follow the instructions on the back of this card.

Happy cooking!



## 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

Saucepan, lid, bowl, baking tray and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Bulgur Wheat <b>13</b>	120g	180g	240g
Vegetable Stock Paste	10g	15g	20g
Medium Tomato	2	3	4
Baby Cucumber**	1	2	2
Red Wine Vinegar <b>14</b>	12ml	18ml	24ml
Ready to Eat Falafels**	171g	342g	342g
Garlic Clove**	2	3	4
Greek Style Natural Yoghurt** <b>7</b>	75g	120g	150g
Red Pepper Chilli Jelly	25g	37g	50g
Harissa Paste <b>14</b>	50g	75g	100g
Halloumi** <b>7</b>	225g	450g	450g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Bulgur*	220ml	330ml	440ml
Honey*	½ tbsp	1 tbsp	1 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>519g</b>	<b>100g</b>	<b>632g</b>	<b>100g</b>
Energy (kJ/kcal)	2547 /609	490 /117	4053 /969	642 /153
Fat (g)	23.9	4.6	51.6	8.2
Sat. Fat (g)	4.3	0.8	20.8	3.3
Carbohydrate (g)	83.8	16.1	86.4	13.7
Sugars (g)	23.3	4.5	25.9	4.1
Protein (g)	15.6	3.0	40.7	6.4
Salt (g)	2.28	0.44	4.76	0.75

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.

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## Bring on the Bulgur

If you don't have a microwave, preheat your oven to 220°C/200°C fan/gas mark 7 for the **falafels**.

Pour the **water for the bulgur** (see pantry for amount) into a medium saucepan and bring to the boil.

Stir in the **bulgur** and **vegetable stock paste**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



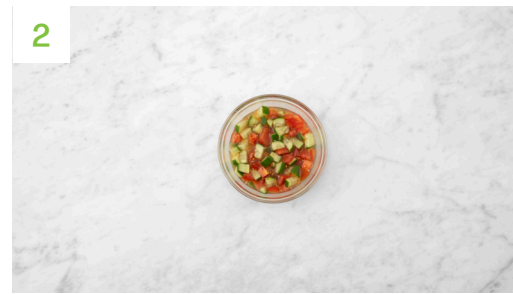
## Make the Garlic Yog

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

Heat a small saucepan on medium-high heat with a drizzle of **oil**.

Add the **garlic** and cook until fragrant, 1 min. Transfer to small bowl with the **yoghurt**. Stir to combine and season with **salt** and **pepper**.

When the **falafels** are cooked, drizzle over the **red pepper chilli jelly** and turn to coat the **falafels** in the **glaze**.



## Dress to Impress

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

Trim the **cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.

In a medium bowl, combine the **red wine vinegar**, **honey** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Stir the **tomato** and **cucumber** into the **dressing**. Set aside.

### + Add Halloumi

If you're adding **halloumi**, drain, then cut it into 3 slices per person. Place into a bowl of **cold water** and leave to soak.



## Tabbouleh Time

When the **bulgur** is ready, fluff up the **grains** with a fork, then stir through the **cucumber**, **tomato** and **harissa paste** (add less if you'd prefer things milder).

Season to taste with **salt** and **pepper**.



## Cook the Falafels

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.

### + Add Halloumi

Remove the **halloumi** from the **water**, pop onto a plate lined with kitchen paper and pat dry. Fry the **halloumi** before the **garlic**, turning frequently, 4-5 mins. Set aside, then serve on the **tabbouleh** in the final step.



## Serve Up

Share the **harissa tabbouleh** between your serving bowls, then top with the **glazed falafels**.

Drizzle over the **garlic yoghurt** to finish.

## Enjoy!