

Sticky Glazed Falafels and Seasoned Chips

with Harissa Mayo, Salad and Pumpkin Seeds

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day • Veggie



Potatoes



Roasted Spice and Herb Blend



Medium Tomato



Cider Vinegar



Mayonnaise



Harissa Paste



Ready to Eat Falafels



Red Pepper Chilli



Jelly



Baby Leaf Mix
Pumpkin Seeds

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

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	2P	3P	4P
Potatoes	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Medium Tomato	1	2	2
Cider Vinegar 14)	15ml	22ml	30ml
Mayonnaise 8) 9)	64g	96g	128g
Harissa Paste 14)	25g	37g	50g
Ready to Eat Falafels**	171g	342g	342g
Red Pepper Chilli Jelly	37g	62g	74g
Baby Leaf Mix**	50g	70g	100g
Pumpkin Seeds	15g	30g	30g

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	2474 /591	531 /127
Fat (g)	26.2	5.6
Sat. Fat (g)	2.5	0.5
Carbohydrate (g)	77.5	16.6
Sugars (g)	20.1	4.3
Protein (g)	12.2	2.6
Salt (g)	1.71	0.37

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

Allergens

8) Egg 9) Mustard 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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1 Chip, Chip, Hooray

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).



2 Get Baking

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **roasted spice and herb blend**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake the **chips** on the top shelf until golden, 25-30 mins. Turn halfway through.

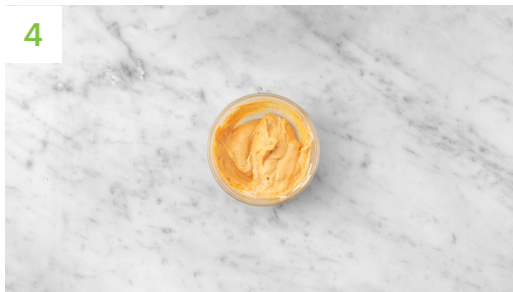


3 Dress the Tomatoes

While the **chips** cook, cut the **tomato** into 1cm chunks.

In a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts), then add in the **tomato chunks**.

Toss to combine and set aside.



4 Mix your Harissa-Mayo

Meanwhile, in a small bowl, mix together the **mayo** and **harissa** (see ingredients for amount). Season with **salt** and **pepper**, then set your **harissa mayo** aside.

TIP: Keep any remaining harissa for another recipe.



5 Cook the Falafels

When the **chips** have 5 mins remaining, 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 cooked, drizzle over the **red pepper chilli jelly** and turn to coat each **falafel**.

Just before serving, add the **baby leaves** to the bowl of **tomatoes** and toss to combine.



6 Serve Up

Transfer the **falafels** to your plates and dollop some **harissa mayo** alongside. Sprinkle over the **pumpkin seeds**.

Serve with the **salad** and **spiced chips** alongside.

Enjoy!