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Falafels with Quinoa Tabouli & Hummus

This falafel dish is a testament to the wisdom of traditional Middle Eastern cooking, with a twist. We've thrown in some quinoa instead of the traditional burghul and we think you'll love it. Falafels are delicious but thirsty little creatures, so don't be afraid to be generous with hummus and lemon.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



vegan

Pantry Items



Boiling Water



Falafels



Quinoa



Cherry Tomatoes



Cucumber



Parsley



Red Onion



Hummus



Lemon

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| 2P | 4P | Ingredients |
|----------|-----------|--------------------------|
| ½ cup | 1 cup | quinoa, rinsed |
| 1 ½ cups | 3 cups | boiling water * |
| ½ punnet | 1 punnet | cherry tomatoes, halved |
| 1 | 2 | cucumber, diced |
| 1 bunch | 2 bunches | parsley, finely chopped |
| ½ | 1 | red onion, finely sliced |
| 1 packet | 2 packets | falafels |
| 1 tub | 2 tubs | hummus |
| ½ | 1 | lemon, cut into wedges |

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 2240 | Kj |
| Protein | 15.3 | g |
| Fat, total | 15.8 | g |
| -saturated | 2.4 | g |
| Carbohydrate | 82.8 | g |
| -sugars | 8.6 | g |
| Sodium | 507 | mg |



You will need: chef's knife, chopping board, oven tray lined with baking paper, small saucepan and a large bowl.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **quinoa** in a small saucepan and cover with the **boiling water**. Bring to the boil. Simmer for **12-15 minutes** or until the quinoa is tender. Drain. Transfer to a large bowl and stir through the **cherry tomato, cucumber, parsley and red onion**. Drizzle with some olive oil and season to taste with **salt and pepper**. Set aside.

3 Meanwhile, place the **falafels** on the prepared oven tray. Cook in the oven for **5-10 minutes** or until heated through.

4 To serve, divide the quinoa tabbouleh between bowls and top with the falafels and **hummus**. Squeeze with the **lemon wedges** and enjoy!



Did you know? The first mention of hummus comes from a 13th century Egyptian cookbook, but it is not known for certain from where and when the spread originated.