



Falafel Couscous

with Roasted Tomatoes, Olives and Feta

Veggie 30 Minutes



Falafel



Israeli Couscous



Mixed Olives



Baby Tomatoes



Garlic



Feta Cheese,
crumbled



Mini Cucumber



White Wine Vinegar



Lemon



Cilantro

HELLO ISRAELI COUSCOUS

Though these little spheres may look like a grain, they are actually a type of pasta!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, strainer, large bowl, measuring cups, whisk, large pot

Ingredients

	2 Person	4 Person
Falafel	8	16
Israeli Couscous	¾ cup	1½ cups
Mixed Olives	30 g	60 g
Baby Tomatoes	227 g	454 g
Garlic	3 g	6 g
Feta Cheese, crumbled	¼ cup	½ cup
Mini Cucumber	66 g	132 g
White Wine Vinegar	1 tbsp	2 tbsp
Lemon	1	1
Cilantro	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast tomatoes

Add **10 cups hot water** and **2 tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Add **tomatoes** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt and pepper**, then toss to coat. Roast in the **top** of the oven, stirring halfway through, 12-14 min.



Bake falafel

While **tomatoes** roast, toss **falafel** with **1 ½ tbsp oil** (dbl for 4 ppl) on another baking sheet. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 8-10 min.



Finish prep

While **falafel** bakes, cut **cucumber** into ¼-inch rounds. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Drain, then roughly chop **olives**. Juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.



Cook couscous

Add **couscous** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 6-8 min. Drain and return **couscous** to the same pot, off heat.



Marinate cucumber

While **couscous** cooks, whisk together **vinegar, garlic, 2 tbsp oil, ½ tbsp lemon juice** and **½ tsp sugar** (dbl all for 4 ppl) in a large bowl. Add **cucumbers** and **half the cilantro**. Season with **salt and pepper**, then toss to coat.



Finish and serve

Add **tomatoes, 2 tbsp butter** (dbl for 4 ppl) and **half the feta** to the pot with **couscous**. Toss to combine. Divide **couscous** between plates. Top with **falafel**, then **marinated cucumbers**. Sprinkle **olives, remaining cilantro** and **remaining feta** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!