



# Herby Falafel Naans

with Halloumi and Sweet Potato Fries and Garlicky Yoghurt

Street Food 35-45 Minutes • Little Spice • 3 of your 5 a day • Veggie

Nº 29



Lemon



Coriander



Flat Leaf Parsley



Carrot



Chickpeas



Garlic Clove



Spring Onion



Plain Flour



Chermoula Spice



Mango Chutney



Sweet Potato



Halloumi



Premium Tomatoes



Baby Gem Lettuce



Greek Yoghurt



Naan



Zahtar Spice

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Zester, Grater, Sieve, Garlic Press, Bowl, Baking Tray, Frying Pan.

## Ingredients

	2P	3P	4P
Lemon**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Carrot**	1	2	2
Chickpeas	1 carton	1½ carton	2 carton
Garlic Clove	1	1	1
Spring Onion**	2	3	4
Plain Flour <b>13)</b>	24g	48g	48g
Chermoula Spice	1 sachet	1 sachet	2 sachet
Mango Chutney	1 sachet	1½ sachet	2 sachet
Sweet Potato**	2	3	4
Halloumi <b>7)</b> **	250g	375g	500g
Premium Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	1½	2
Greek Yoghurt <b>7)</b> **	150g	225g	300g
Naan <b>7) 11) 13)</b>	2	3	4
Zahtar Spice	1 sachet	1 sachet	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	954g	100g
Energy (kJ/kcal)	5264/1258	552/132
Fat (g)	47	5
Sat. Fat (g)	24	3
Carbohydrate (g)	155	16
Sugars (g)	42	4
Protein (g)	53	6
Salt (g)	4.57	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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## Get Prepped

Preheat your oven to 200°C. Zest and halve the **lemon**. Roughly chop the **coriander** and **parsley** (stalks and all). Trim and coarsely grate the **carrot** (no need to peel). Drain and rinse the **chickpeas**. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onions**.



## Shape the Falafels

Shape the **chickpea mix** into five small balls per person. Flatten each ball gently to 2cm thick and pop on a plate. Heat a drizzle of **oil** in a frying pan on medium-high heat and then fry the **patties** in the hot **oil** until golden on both sides. This should take around 2-3 mins on each side. Transfer to a baking tray and pop onto the bottom shelf of your oven for 10-15 mins.



## Make the Mix

Pop the **chickpeas** into a large bowl. Break them up with the back of a fork then add the **carrot**, **lemon zest**, **coriander**, **flour**, **chermoula spice**, **mango chutney** and **half** of the **parsley** and **half** the **spring onions**. Season with **salt** and **pepper**. Squish together with your hands until mushy and the **mixture** sticks together. Keep to one side.



## Make the Salad

Meanwhile, halve the **tomatoes** and pop them into a medium bowl. Add a glug of **olive oil**, the remaining **parsley** and a squeeze of **lemon juice**. Season with **salt** and **pepper**. Add a pinch of **sugar**, mix and set aside. Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways. Put the **yoghurt** in a bowl and add the **garlic** (add less if you don't love raw garlic). Season with **salt** and **pepper** and a splash of **water**. Mix to a drizzling consistency.



## Chip Time

Chop the **sweet potatoes** into 2cm slices, then into 2cm wide chips. Pop on a baking tray. Halve the **halloumi** lengthways, then chop each half lengthways into roughly four 2cm wide pieces. Drizzle the **sweet potato** with **oil** and gently toss to coat. Roast in your oven until soft, 20-25 mins. Halfway through cooking, add the **halloumi** to the tray, turn the **potatoes**, then roast for the remaining time.



## Serve

Pop the **naans** in your oven for the last 4-5 mins of chip cooking time. Add three-quarters of the **yoghurt** to the **tomatoes** along with the **baby gem lettuce** and combine. Serve the **naans** with the **salad** on top, then the **falafels**. Serve the **sweet potato** and **halloumi chips** on the side. Drizzle the remaining **yoghurt** over the **chips** and then sprinkle on the **zahtar** and remaining **spring onion**. Cut any remaining **lemon** into **wedges** for squeezing over.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.