



North African-Inspired Falafel and Green Couscous with Blistered Veggies and Creamy Harissa Sauce

Veggie

Spicy

35 Minutes



Falafel



Couscous



Harissa Spice Blend



Lemon



Parsley



Baby Tomatoes



Sweet Bell Pepper



Red Onion



Plant-Based Mayonnaise



Zucchini

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

- Before starting, wash and dry all produce.

Bust out

Measuring spoons, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Falafel	8	16
Couscous	½ cup	1 cup
Harissa Spice Blend 🌶️	1 tbsp	2 tbsp
Lemon	1	2
Parsley	7 g	14 g
Baby Tomatoes	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Plant-Based Mayonnaise	4 tbsp	8 tbsp
Zucchini	200 g	400 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Contact

Call us | (855) 272-7002
HelloFresh.ca

Facebook Instagram Twitter Pinterest @HelloFreshCA



Prep veggies

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Prick **tomatoes** with a fork.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **onions, peppers, tomatoes, zucchini** and **half the Harissa Spice Blend**. (NOTE: Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until **tomatoes** are blistered, 1-2 min.
- Reduce heat to medium. Cook, stirring occasionally, until **veggies** are tender-crisp, 3-5 min.
- Season with **salt** and **pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.



Cook falafel

- Carefully wipe the pan clean with paper towels.
- Reduce heat to medium.
- Add **1 tbsp oil** to the same pan, then **falafel**. (NOTE: Don't overcrowd the pan; cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 3-4 min per side.
- Transfer **falafel** to the same plate as **veggies**, then cover to keep warm.



Cook couscous

- Meanwhile, add **⅔ cup water**, **⅛ tsp salt** and **½ tbsp oil** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



Prep and make sauce

- Roughly chop **parsley**.
- Zest, then juice **lemon**.
- Whisk together **mayo**, **remaining Harissa Spice Blend**, **half the lemon zest**, **½ tbsp lemon juice** and **1 tbsp water** (dbl both for 4 ppl) in a small bowl. Set aside.



Finish and serve

- When **couscous** is tender, fluff with a fork.
- Add **parsley** and **½ tbsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine.
- Stir **remaining lemon zest** into **veggies**.
- Divide **couscous** between bowls. Top with **veggies** and **falafel**.
- Drizzle **harissa sauce** over top.

Dinner Solved!