



Falafel Couscous Bowls

with Red Pepper Hummus Sauce

Veggie

25 Minutes

Customized Protein

+ Add

↻ Swap

or

×2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Falafel
300 g | 600 g



Falafel
150 g | 300 g



Couscous
½ cup | 1 cup



Baby Tomatoes
113 g | 227 g



Mini Cucumber
2 | 4



Parsley
7 g | 14 g



Baby Spinach
56 g | 113 g



Roasted Pepper Pesto
¼ cup | ½ cup



Hummus
4 tbsp | 8 tbsp



Lemon
1 | 2



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.

Pantry items | Oil, sugar, salt, pepper, plant-based butter

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl, whisk, zester

1



Prep

- Before starting, wash and dry all produce.

- Add $\frac{3}{4}$ cup (1 $\frac{1}{2}$ cups) **water** and $\frac{1}{8}$ tsp ($\frac{1}{4}$ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, halve **tomatoes**.
- Cut **cucumbers** into $\frac{1}{4}$ -inch half-moons.
- Roughly chop **parsley**.
- Zest, then juice **lemon**.

2



Cook couscous

- Once water is boiling, remove from heat, then add **couscous**.
- Stir to combine. Cover and let stand for 5 min.

3



Cook falafel

- + Add | **Ground Beef**
- ×2 Double | **Falafel**
- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, 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, 4-5 min per side.

4



Make salad

- Meanwhile, add **half the lemon juice**, **1 tbsp** (2 tbsp) **oil** and $\frac{1}{4}$ tsp ($\frac{1}{2}$ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach**, **tomatoes**, **cucumbers** and **half the parsley**. Toss to combine.
- Set aside.

5



Make sauce

- Add **hummus**, **red pepper pesto**, **1 tbsp** (2 tbsp) **water** and **remaining lemon juice** to a small bowl. Season with **salt** and **pepper**, then whisk to combine.
- Set aside.

6



Finish and serve

- + Add | **Ground Beef**
- When **couscous** is tender, fluff with a fork. Stir in **1 tbsp** (2 tbsp) **plant-based butter**, **remaining parsley** and **lemon zest**.
- Divide **couscous** between bowls. Top with **falafel**.
- Divide **salad** between bowls.
- Drizzle **red pepper hummus sauce** over the whole plate.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Cook falafel and beef

+ Add | **Ground Beef**

If you've opted to add **beef**, heat the same pan used to cook the **falafel** over medium-high heat. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **beef**. Season with **salt** and **pepper**. Cook, breaking up **beef** and stirring often until **beef** is cooked through, 4-6 min.**

3 | Cook falafel

×2 Double | **Falafel**

If you've opted for **double falafel**, cook it in the same way the recipe instructs you to cook the **regular portion of falafel**. Work in batches, if necessary.

6 | Finish and serve

+ Add | **Ground Beef**

Divide **beef** between bowls.

** Cook to a minimum internal temperature of 74°C/165°F.