



Falafel and Jeweled Couscous

with Hummus and Spicy Garlic Drizzle

Veggie

30 Minutes

+ Add



Chicken Breast
Tenders +
310 g | 620 g

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)



Falafel
150 g | 300 g



Couscous
½ cup | 1 cup



Cumin-Turmeric
Spice Blend
1 ½ tsp | 3 tsp



Dried Cranberries
28 g | 56 g



Spring Mix
113 g | 227 g



Mini Cucumber
1 | 2



Parsley
7 g | 14 g



Hummus
4 tbsp | 8 tbsp



Spicy Mayo
2 tbsp | 4 tbsp



White Wine
Vinegar
2 tbsp | 4 tbsp



Almonds, sliced
28 g | 56 g



Garlic, cloves
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.

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Ingredient quantities 56 g | 113 g
2 person | 4 person

Pantry items | Unsalted butter, sugar, oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, parchment paper, small bowl, small pot

1



Pickle cucumber

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

- Thinly slice **cucumber**.
- Add **vinegar**, **1 tbsp** (2 tbsp) **water** and **1 tsp** (2 tsp) **sugar** to a small pot. Season with **salt**. Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **sugar** dissolves, 1-2 min. Remove from heat, then add **cucumbers**. Transfer **cucumbers**, including **liquid**, to a large bowl. Set aside in the fridge to cool. Rinse out pot.

2



Cook couscous

- Add **Cumin-Turmeric Spice Blend**, $\frac{2}{3}$ **cup** (1 $\frac{1}{3}$ cups) **water**, **1 tbsp** (2 tbsp) **butter** and $\frac{1}{8}$ **tsp** ($\frac{1}{4}$ tsp) **salt** to the same pot used to pickle **cucumber**. Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous** and **cranberries**. Stir to combine.
- Cover and let stand.

3



Toast almonds

- + Add | **Chicken Breast Tenders**
- Add **almonds** to a parchment-lined baking sheet.
- Toast in the **middle** of the oven, stirring halfway until golden, 2-5 min. (**TIP:** Keep your eye on them so they don't burn.)
- Transfer to a plate.

4



Warm falafel

- Add **falafel** and $\frac{3}{4}$ **tbsp** (1 $\frac{1}{2}$ tbsp) **oil** to the same baking sheet used to toast **almonds**. Toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown and crisp, 6-9 min.

5



Finish prep

- While **falafel** roast, finely chop **parsley**.
- Peel, then mince or grate **garlic**.
- Add **spicy mayo**, **garlic**, **half the parsley** and **1 tbsp** (2 tbsp) **pickling liquid** to a small bowl. Stir to mix.
- Fluff **couscous** with a fork. Season with **salt** and **pepper**. Add **cranberries**, **almonds** and **remaining parsley**. Stir to mix.

6



Finish and serve

- + Add | **Chicken Breast Tenders**
- Discard all but **1 tbsp** (2 tbsp) **pickling liquid** from **cucumbers**. Add **spring mix** and $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Divide **salad** between plates. Top with **couscous** and **falafel**.
- Dollop **hummus** over top.
- Drizzle **spicy garlic sauce** over top.

Measurements
within steps

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

3 | Toast almonds and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat the same pan used to toast **almonds** over medium-high heat. When hot, add $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.**

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top plates with **chicken**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.