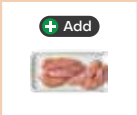




# Falafel Couscous

with Blistered Tomatoes, Olives and Feta

Veggie 30 Minutes



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



Mixed Olives  
30 g | 60 g



Baby Tomatoes  
227 g | 454 g



Garlic, cloves  
1 | 2



Feta Cheese,  
crumbled  
¼ cup | ½ cup



Carrot, julienned  
56 g | 113 g



Lemon  
1 | 1



Parsley  
7 g | 14 g



Spicy Mayo  
4 tbsp | 8 tbsp



Radish  
3 | 6

**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** | Sugar, unsalted butter, oil, pepper, salt

**Cooking utensils** | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, small pot, strainer, whisk, zester

1



## Bake falafel

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

+ Add | **Chicken Breast Tenders**

- Toss falafel with **1 ½ tbsp** (3 tbsp) **oil** on an unlined baking sheet.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 8-10 min.

2



## Prep

- Slice **radishes** into ¼-inch rounds.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Drain, then roughly chop **olives**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.

3



## Marinate veggies

- Meanwhile, whisk together **garlic**, **2 tbsp** (4 tbsp) **oil**, **½ tbsp** (1 tbsp) **lemon juice** and **½ tsp** (1 tsp) **sugar** in a large bowl.
- Add **carrots**, **radishes** and **half the parsley**.
- Season with **salt** and **pepper**, then toss to coat. Set aside.

4



## Cook couscous

- Add **¾ cup** (1 ½ cups) **water** and **½ tsp** (¼ tsp) **salt** to a small pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.
- When **couscous** is tender, fluff with a fork.

5



## Blister tomatoes

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **tomatoes** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**.
- Cook, stirring often, until **tomatoes** blister and soften, 3-4 min. Set aside.

6



## Finish and serve

+ Add | **Chicken Breast Tenders**

- Add **tomatoes**, **olives**, **¼ tsp** (½ tsp) **lemon zest**, **2 tbsp** (4 tbsp) **butter** and **half the feta** to the pot with **couscous**. Toss to combine.
- Divide **couscous** between bowls.
- Top with **falafel** and **marinated veggies**.
- Sprinkle **remaining parsley** and **remaining feta** over top.
- Drizzle **spicy mayo** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements  
within steps

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

## 1 | Bake falafel and chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Arrange on an unlined baking sheet. Drizzle **1 tbsp** (2 tbsp) **oil** over top. Bake in the **top** of the oven until golden and cooked through, 9-11 min.\*\*

## 6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top bowls 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.