



Rainbow Falafel Bowls

with Golden Rice and Spicy Mayo Drizzle

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](https://www.hellofresh.ca)

+ Add



Chicken Breast
Tenders +
310 g | 620 g

*2 Double



Falafel
300 g | 600 g



Falafel
150 g | 300 g



Baby Spinach
56 g | 113 g



Red Cabbage,
shredded
56 g | 113 g



Baby Heirloom
Tomatoes
113 g | 454 g



Basmati Rice
¾ cup | 1 ½ cups



Red Wine Vinegar
2 tbsp | 4 tbsp



Spicy Mayo
2 tbsp | 4 tbsp



Cilantro
7 g | 14 g



Cumin-Turmeric
Spice Blend
1 ½ tsp | 3 tsp



Vegetable Stock
Powder
1 tbsp | 2 tbsp



Hummus
4 tbsp | 8 tbsp



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 | Butter, oil, sugar, salt, pepper

Cooking utensils | Baking sheet, measuring cups, measuring spoons, medium bowl, medium pot, strainer

1



Cook rice

- Before starting, preheat the oven to 450 ° F.
- Wash and dry all produce.
- Add **1 ¼ cups** (2 ½ cups) **water** and **1 tbsp** (2 tbsp) **butter** and **½ tsp** (¼ tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, **Cumin-Turmeric Spice Blend**, and **vegetable stock powder**. Stir to combine, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



Pickle cabbage

- Meanwhile, add **cabbage**, **vinegar**, **2 tbsp** (4 tbsp) **water** and **2 tsp** (4 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. Transfer **cabbage**, including **pickling liquid**, to a medium bowl.
- Place **pickled cabbage** in the fridge to cool.

3



Roast falafel

- + Add | **Chicken Breast Tenders**
- ×2 Double | **Falafel**
- Toss **falafel** with **½ tbsp** (1 tbsp) **oil** on an unlined baking sheet.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 8-10 min.

4



Prep and finish rice

- While **falafel** roasts, halve **tomatoes**. Season with **salt** and **pepper**.
- Roughly chop **spinach**.
- Roughly chop **cilantro**.
- Fluff **rice** with a fork. Stir in **cilantro**.

5



Finish and serve

- + Add | **Chicken Breast Tenders**
- Drain **pickled cabbage**.
- Divide **rice** and **spinach** between bowls.
- Top with **cabbage**, **tomatoes** and **falafel**.
- Dollop with **hummus** and drizzle **spicy mayo** over top.

Measurements
within steps

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

3 | Roast falafel 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 a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.**

3 | Roast 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**. Cook in batches, if needed.

5 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top final plates with **chicken tenders**.

* 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.