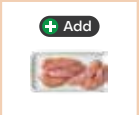




Falafel Couscous

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



Roast falafel

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

- **+ Add** | **Chicken Breast Tenders**
- 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.

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**, then **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

3 | Marinate veggies 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 breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Transfer to a plate and cover to keep warm. Use the same pan to cook **tomatoes** in step 5.

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.