



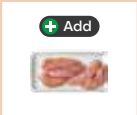
Carb Smart Mango-Glazed Falafel with Peppers and Jerk-Roasted Cauliflower

Smart Meal

Veggie

Spicy

25 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



Red Onion
½ | 1



Tahini Sauce
2 tbsp | 4 tbsp



Mayonnaise
1 tbsp | 2 tbsp



Sweet Bell Pepper
1 | 2



Cilantro
7 g | 14 g



Mango Chutney
2 tbsp | 4 tbsp



Hot Sauce
1 tbsp | 2 tbsp



Cauliflower
285 g | 570 g



Jerk Spice Blend
½ tbsp | 1 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 | Oil, salt, pepper

Cooking utensils | 2 Baking sheets, large non-stick pan, measuring spoons, parchment paper, small bowl, whisk, large bowl

1



Roast cauliflower

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Cut **cauliflower** into bite-sized pieces.
- Line a baking sheet with parchment paper.
- Add **cauliflower**, **half the Jerk Spice Blend** (use all for 4 ppl) and **1 tbsp** (2 tbsp) **oil** to the prepared baking sheet. Season with **salt**, then toss to combine. Roast in the **middle** of the oven until tender, 14-16 min.

2



Roast falafel

+ Add | **Chicken Breast Tenders**

- Meanwhile, 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, 10-13 min.

3



Prep

- Meanwhile, cut **half the onion** (use whole onion for 4 ppl) into ¼-inch slices.
- Core, then cut **pepper** into ½-inch pieces.
- Roughly chop **cilantro**.
- Add **half the mayo** (use all for 4 ppl) and **tahini sauce** to a small bowl. Whisk to combine, then set aside.

4



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **onions** and **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt**.

5



Finish falafel

- Add **half the mango chutney** and **half the hot sauce** (use all the chutney and hot sauce for 4 ppl) to a large bowl. Stir to combine.
- When **falafel** is crispy, add to large bowl with **mango-hot sauce mixture**. Toss to coat.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

- Divide **cauliflower**, **onions** and **peppers** between bowls.
- Top with falafel, then drizzle **any remaining mango-hot sauce** over top.
- Drizzle **tahini mixture** over top.
- Sprinkle **cilantro** over top.

Measurements
within steps

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

2 | 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**. Sear until **chicken** is golden-brown and cooked through, 3-4 min per side.** Use the same pan to cook the **veggies** in step 4.

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.