



Falafel and Jewelled Couscous

with Hummus and Spicy Garlic Drizzle

Veggie

Spicy

30 Minutes

Customized Protein

+ Add

Swap

or

x2 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://hellofresh.ca)



+ Add



Chicken Breast
Tenders +
310 g | 620 g

+ Add



Chicken
Breasts +
2 | 4



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



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



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.

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

Pantry items | Butter, sugar, oil, salt, pepper

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

1



Pickle radish

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.
- Thinly slice **radish**.
- To a small pot, add **vinegar**, **1 tbsp** (2 tbsp) **water** and **1 tsp** (2 tsp) **sugar**. Bring to a simmer over medium-high.
- Once simmering, cook for 1-2 min, stirring often, until sugar dissolves.
- Remove from heat, then add **radishes**. Transfer **radishes**, including **liquid**, to a large bowl. Set aside in the fridge to cool.
- Rinse out the pot.

4



Warm falafel

+ Add | **Chicken Breast Tenders**

+ Add | **Chicken Breasts**

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

2



Cook couscous

- To the same pot, 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**. Cover and bring to a boil over high.
- Once boiling, remove from heat, then add **couscous** and **cranberries**. Stir to combine.
- Cover and let stand.

5



Finish prep and couscous

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

3



Toast almonds

- To a parchment-lined baking sheet, add **almonds**.
- Toast in the **middle** of the oven for 2-4 min, stirring halfway through, until golden. (**TIP:** Keep your eye on them so they don't burn.)
- Transfer to a plate.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

+ Add | **Chicken Breasts**

- Discard all but **1 tbsp** (2 **tbsp**) **pickling liquid** from **pickled radish**, then add **spring mix** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Divide **radish 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-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

4 | Warm falafel and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, while **falafel** roasts, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Remove from heat.

4 | Warm falafel and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, while **falafel** roasts, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **chicken**. Pan-fry on one side for 6-7 min, until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.** Remove from heat.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top with **couscous** with **chicken**.

6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Top **couscous** 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 165°F.