

instructions on the back of this card and

you're set. Happy cooking!

# Crispy Falafel on Jewelled Pilaf

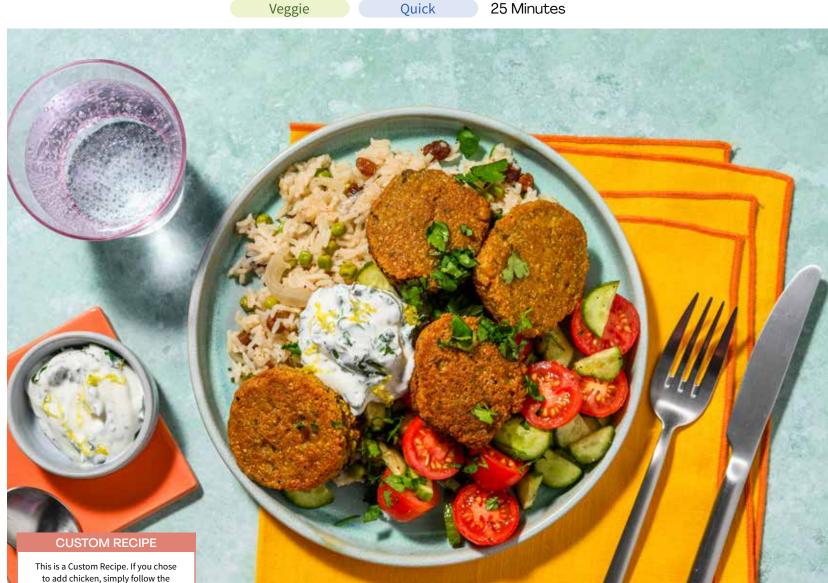
with Cilantro-Yogurt Sauce

Veggie

25 Minutes



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Moroccan Spice Blend



Basmati Rice



Sultana Raisins



Green Peas



**Yogurt Sauce** 







Cilantro

Lemon

**Baby Tomatoes** 



Mini Cucumber



Shallot



Vegetable Stock

Powder

# Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

Ingredient

#### Bust out

Medium bowl, measuring spoons, medium pot, small bowl, measuring cups, whisk, large non-stick pan, zester

# Ingredients

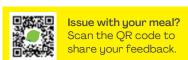
| 3                      |          |          |
|------------------------|----------|----------|
|                        | 2 Person | 4 Person |
| Falafel                | 8        | 16       |
| Chicken Breasts •      | 2        | 4        |
| Moroccan Spice Blend   | 1 tbsp   | 2 tbsp   |
| Basmati Rice           | ¾ cup    | 1 ½ cups |
| Sultana Raisins        | 28 g     | 56 g     |
| Green Peas             | 56 g     | 113 g    |
| Yogurt Sauce           | 45 ml    | 90 ml    |
| Cilantro               | 7 g      | 7 g      |
| Lemon                  | 1/2      | 1        |
| Baby Tomatoes          | 113 g    | 227 g    |
| Mini Cucumber          | 1        | 2        |
| Shallot                | 1        | 2        |
| Vegetable Stock Powder | 1 tbsp   | 2 tbsp   |
| Unsalted Butter*       | 1 tbsp   | 2 tbsp   |
| Oil*                   |          |          |
| Salt and Pepper*       |          |          |

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

### 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.





## Start pilaf

- Heat a medium pot over medium heat.
- · Meanwhile, peel, then cut shallot into 1/4-inch half-moons.
- When hot, add 1 tbsp (2 tbsp) butter, then swirl the pot until melted.
- · Add shallots. Cook, stirring occasionally, until shallots soften slightly, 2-3 min.
- Sprinkle Moroccan Spice Blend over the pot. Cook, stirring often, until fragrant, 30 sec.
- Add rice, peas, raisins, stock powder, 1/4 tsp (1/2 tsp) salt and 1 1/3 cups (2 1/3 cups) water. Bring to a boil over high.



### Cook pilaf and finish prep

- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 13-15 min.
- Remove from heat. Set aside, still covered.
- Meanwhile, halve **cucumber** lengthwise, then cut into 1/4-inch half-moons.
- Finely chop cilantro.
- Zest, then juice half the lemon (whole lemon for 4 ppl).
- Halve tomatoes.



- Heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp oil, then falafel. (TIP: Add another ½ tbsp oil to the pan after flipping falafel if the pan is dry.) (NOTE: Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown, 4-5 min per

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



# Make cilantro-yogurt sauce

· Meanwhile, add yogurt sauce, half the cilantro and 1 tsp (2 tsp) lemon zest to a small bowl. Season with salt and pepper, to taste, then stir to combine.



### Make salad

- Add 1/2 tbsp (1 tbsp) lemon juice and 1 tbsp (2 tbsp) oil in a medium bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add tomatoes and cucumbers, then toss to combine.



#### Finish and serve

- Fluff pilaf with a fork, then season with salt and **pepper**, to taste.
- Divide pilaf and salad between plates. Top with falafel.
- Sprinkle remaining cilantro over plate.
- Dollop cilantro-yogurt sauce over plate.

Thinly slice **chicken**. Top final plates with **chicken**.

Dinner Solved!