



# Crispy Falafel on Jewelled Pilaf with Cilantro-Yogurt Sauce

Veggie

Quick

25 Minutes



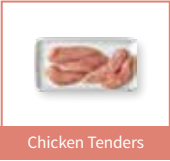
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**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add chicken tenders, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Falafel



Chicken Tenders



Moroccan Spice Blend



Basmati Rice



Sultana Raisins



Green Peas



Yogurt Sauce



Cilantro



Lemon



Baby Tomatoes



Spring Mix



Shallot



Vegetable Stock Powder

HELLO MOROCCAN SPICE

*This blend of North African spices is warm and aromatic!*

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

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

## Ingredients

	2 Person	4 Person
Falafel	8	16
Chicken Tenders	340 g	680 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Basmati Rice	¾ cup	1 ½ cup
Sultana Raisins	28 g	56 g
Green Peas	56 g	113 g
Yogurt Sauce	45 ml	90 ml
Cilantro	7 g	7 g
Lemon	½	1
Baby Tomatoes	113 g	227 g
Spring Mix	56 g	113 g
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, as size may vary.

† 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.



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1



### Start pilaf

- Heat a medium pot over medium heat.
- Meanwhile, peel, then cut **shallot** into ¼-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, ¼ tsp** (½ tsp) **salt** and **1 ⅓ cups** (2 ⅔ cups) **water**. Bring to a boil over high.

4



### 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.

2



### 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.
- Finely chop **cilantro**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl).
- Halve **tomatoes**.

If you've opted to add **chicken 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 golden-brown and cooked through, 3-4 min per side.\*\* Transfer to a plate. Reuse the same pan to cook **falafel** in step 3.

5



### Make salad

- Add **½ 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 **spring mix**, then toss to combine.

3



### Crisp falafel

- 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 side.

6



### 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 top.
- Dollop **cilantro-yogurt sauce** over top.

Top final plates with **chicken**.

## Dinner Solved!