

Falafel Couscous

with Blistered Tomatoes, Olives and Feta

Veggie

30 Minutes



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Baby Tomatoes





Carrot, julienned



Lemon

Spicy Mayo

Feta Cheese,

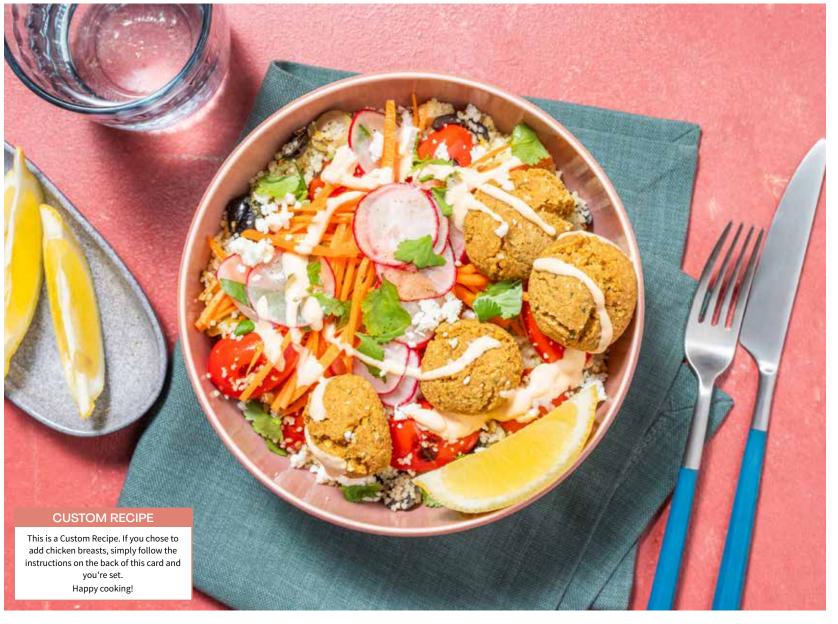








Radish



Start here

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

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

Bust out

Baking sheet, measuring spoons, zester, large bowl, small pot, measuring cups, whisk, large non-stick pan

Ingredients

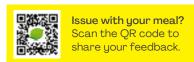
ingi calcine		
	2 Person	4 Person
Falafel	8	16
Chicken Breasts	2	4
Couscous	½ cup	1 cup
Mixed Olives	30 g	60 g
Baby Tomatoes	227 g	454 g
Garlic, cloves	1	2
Feta Cheese, crumbled	⅓ cup	½ cup
Carrot, julienned	56 g	113 g
Lemon	1	1
Cilantro	7 g	14 g
Spicy Mayo 🌙	4 tbsp	8 tbsp
Radish	3	6
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	½ tsp	1 tsp
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.





Bake falafel

• 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.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large 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.** Transfer to a plate. Reuse the same pan to cook **tomatoes** in step 5.



Prep

- Cut radishes into ¼-inch rounds.
- Roughly chop cilantro.
- 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.



Marinate veggies

- 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 cilantro. Season with salt and pepper, then toss to coat. Set aside.



Cook couscous

- Add 3⁄3 cup (1 1⁄3 cups) water and 1⁄8 tsp (1⁄4 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.



Blister tomatoes

- Heat a large non-stick pan over mediumhigh heat.
- When 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.



Finish and serve

- 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 plates.
- Top with falafel, then marinated veggies.
- Sprinkle **remaining cilantro** and **remaining feta** over top.
- Drizzle spicy mayo over top.
- Squeeze a **lemon wedge** over top, if desired.

Thinly slice and top final plates with **chicken**.

Dinner Solved!