



Medi Falafel Couscous

with Roasted Tomatoes, Olives and Feta












VEGGIE 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



-  Falafel
-  Israeli Couscous
-  Mixed Olives
-  Cherry Tomatoes
-  Garlic
-  Feta Cheese
-  Cucumber
-  Red Wine Vinegar
-  Lemon
-  Cilantro
-  Parsley

HELLO FALAFEL

Pre-made falafel takes all the fuss out of dinner!

START HERE

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

Bust Out

2 Baking Sheets, Measuring Spoons, Strainer, Large Bowl, Measuring Cups, Whisk, Large Pot

Ingredients

	2 Person	4 Person
Falafel	8	16
Israeli Couscous	¾ cup	1 ½ cup
Mixed Olives	30 g	60 g
Cherry Tomatoes	227 g	454 g
Garlic	3 g	6 g
Feta Cheese	¼ cup	½ cup
Cucumber	132 g	264 g
Red Wine Vinegar	1 tbsp	2 tbsp
Lemon	1	1
Cilantro	7 g	14 g
Parsley	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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. ROAST TOMATOES

In a large pot, add **10 cups hot water** and **2 tsp salt** (**NOTE:** Use same for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, on a baking sheet, toss **cherry tomatoes** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the **top** of the oven, stirring halfway through cooking, 20-22 min.



4. COOK COUSCOUS

To the large pot with boiling water, add **couscous**. Cook, uncovered, until **couscous** is tender, 6-7 min. When **couscous** is tender, drain and return to the same pot off the heat.



2. BAKE FALAFEL

Toss the **falafel** with **1 tbsp oil** (dbl for 4 ppl) on another baking sheet. Roast in the **middle** of the oven, flipping the **falafel** halfway through cooking, until golden-brown, 18-20 min.



5. MARINATE CUCUMBER

Whisk together **vinegar**, **garlic**, **2 tbsp oil**, **½ tsp lemon juice** and **½ tsp sugar** (dbl all for 4ppl) in a large bowl. Add the **cucumbers** and **half the parsley**. Toss to coat.



3. PREP

Cut **cucumber** into ¼-inch rounds. Roughly chop **parsley** and **cilantro**. Peel, then mince or grate **garlic**. Roughly chop the **olives**. Juice **half the lemon** (juice the whole lemon for 4ppl). Cut the **remaining lemon** into wedges.



6. FINISH AND SERVE

Add **roasted tomatoes**, **2 tbsp butter** (dbl for 4ppl), **cilantro** and **half the feta** to the pot with the **couscous**. Stir to combine. Divide **couscous** between plates. Top with the **falafel** then **marinated cucumbers**. Sprinkle with the **olives**, **remaining parsley** and **remaining feta**. Squeeze over a **lemon wedge** if desired.

Dinner Solved!