



North African-Inspired Falafel and Couscous

with Blistered Veggies and Spicy Mayo Sauce

Veggie

Spicy

35 Minutes



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Falafel



Couscous



Harissa Spice Blend



Lemon



Parsley



Baby Tomatoes



Sweet Bell Pepper



Red Onion



Spicy Mayo



Zucchini

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

Before starting, wash and dry all produce.

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

Bust out

Measuring spoons, zester, medium pot, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Falafel	8	16
Couscous	½ cup	1 cup
Harissa Spice Blend	½ tbsp	1 tbsp
Lemon	1	2
Parsley	7 g	14 g
Baby Tomatoes	113 g	227 g
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Spicy Mayo 🍷	4 tbsp	8 tbsp
Zucchini	200 g	400 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.



Prep veggies

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Prick **tomatoes** with a fork.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **onions, peppers, tomatoes, zucchini** and **half the Harissa Spice Blend** (use all for 4 ppl). (**NOTE:** Don't overcrowd the pan; cook veggies in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Cook, stirring occasionally, until **peppers** are tender-crisp and **tomatoes** are blistered, 4-6 min.
- Season with **salt and pepper**.
- Transfer **veggies** to a plate, then cover to keep warm.



Cook falafel

- Carefully wipe the pan clean with paper towels.
- Reduce heat to medium.
- Add **1 tbsp oil** to the same pan, then **falafel**. (**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, 3-4 min per side.
- Transfer **falafel** to the same plate as **veggies**, then cover to keep warm.



Cook couscous

- Meanwhile, add **¾ cup** (1 ½ cups) **water**, **¼ tsp** (¼ tsp) **salt** and **1 tbsp** (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



Prep parsley and mix spicy mayo sauce

- Roughly chop **parsley**.
- Zest, then juice **lemon**.
- Whisk together **spicy mayo**, **half the lemon zest**, **½ tbsp** (1 tbsp) **lemon juice** and **1 tbsp** (2 tbsp) **water** in a small bowl. Set aside.



Finish and serve

- When **couscous** is tender, fluff with a fork.
- Add **parsley** and **½ tbsp** (1 tbsp) **lemon juice**. Season with **salt and pepper**, then stir to combine.
- Stir **remaining lemon zest** into **veggies**.
- Divide **couscous** between bowls. Top with **veggies** and **falafel**.
- Drizzle **spicy mayo sauce** over top.



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Dinner Solved!