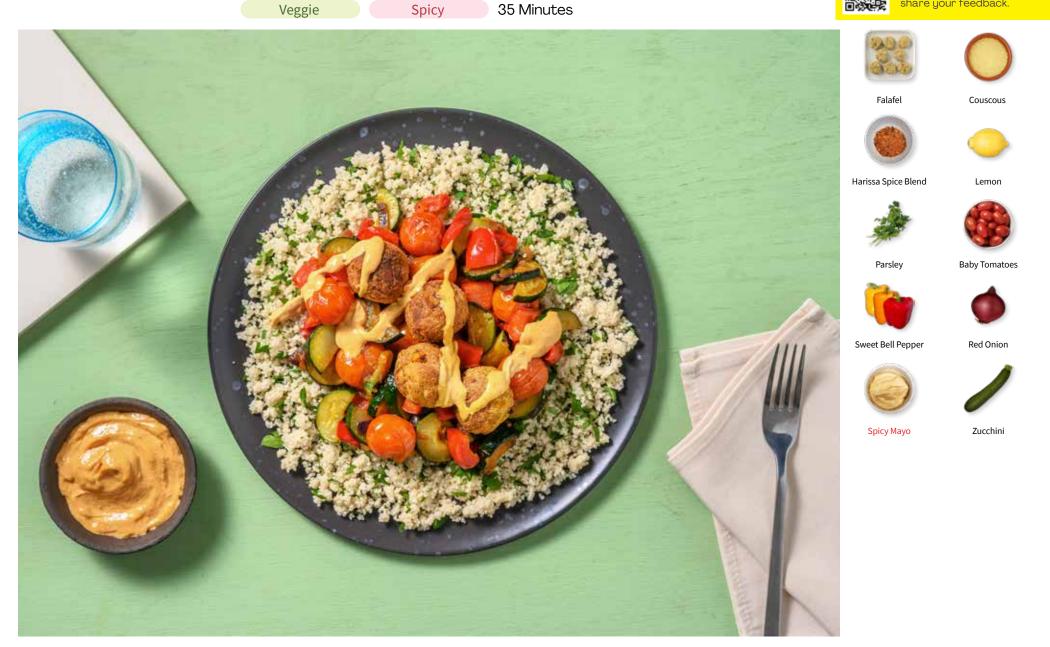


North African-Inspired Falafel and Couscous

with Blistered Veggies and Spicy Mayo Sauce



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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	1 tbsp	(2 tbsp)	oil
within steps	2 person	4 person	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 ¹/₂-inch half-moons.
- Prick tomatoes with a fork.



Cook couscous

- Meanwhile, add ³/₃ cup (1 ¹/₃ cups) water, 1/8 tsp (1/4 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.



Cook veggies

 Heat a large non-stick pan over mediumhigh 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.



Prep parsley and mix spicy mayo sauce

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



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.



Finish and serve

- When **couscous** is tender, fluff with a fork.
- Add parsley and 1/2 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.

Dinner Solved!

