



# North African-Inspired Falafel and Green Couscous

with Blistered Veggies and Creamy Harissa Sauce

Veggie

Spicy

35 Minutes



Falafel



Couscous



Harissa Spice Blend



Lemon



Parsley



Baby Tomatoes



Sweet Bell Pepper



Red Onion



Mayonnaise



Zucchini

## HELLO HARISSA SPICE BLEND

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

## Start here

Before starting, wash and dry all produce.

### 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 🌶️	1 tbsp	2 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
Mayonnaise	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.*

### Contact

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### 1 Prep and cook 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.
- 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**. (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.



### 4 Prep parsley and make sauce

- Roughly chop **parsley**.
- Zest, then juice **lemon**.
- Whisk together **mayo, remaining Harissa Spice Blend, half the lemon zest, ½ tbsp lemon juice** and **1 tbsp water** (dbl both for 4 ppl) in a small bowl. Set aside.



### 2 Cook falafel

- Carefully, wipe 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.



### 5 Finish couscous

- When **couscous** is tender, fluff with a fork.
- Add **parsley** and **½ tbsp lemon juice** (dbl for 4 ppl). Season with **salt and pepper**, then stir to combine.



### 3 Cook couscous

- Meanwhile, add **⅔ cup water, ⅛ tsp salt** and **1 tbsp butter** (dbl all for 4 ppl) 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.



### 6 Finish and serve

- Stir **remaining lemon zest** into **veggies**.
- Divide **couscous** between bowls. Top with **veggies** and **falafel**.
- Drizzle **harissa sauce** over top.

Dinner Solved!