

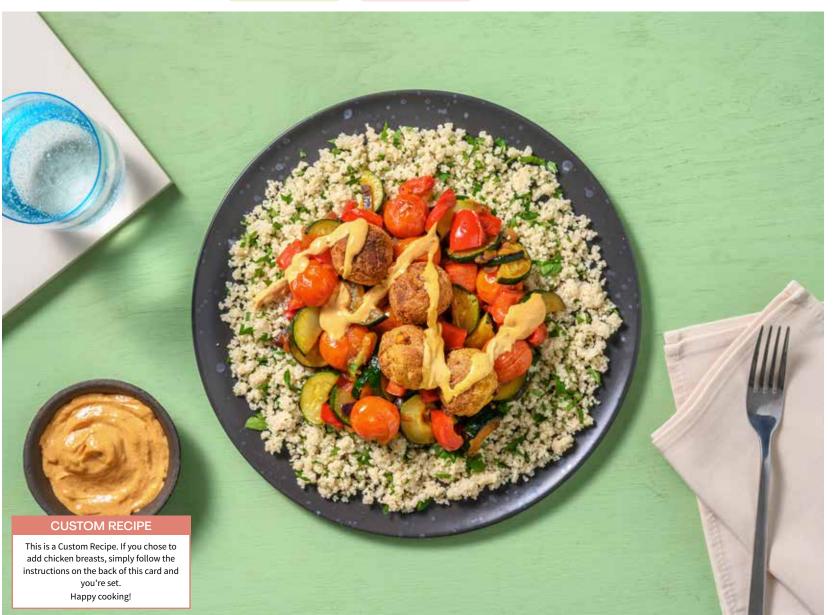
# North African-Inspired Falafel and Green Couscous

with Blistered Veggies and Creamy Harissa Sauce

Veggie

Spicy

35 Minutes













Harissa Spice Blend

Couscous



Lemon







Sweet Bell Pepper

**Baby Tomatoes** 





Mayonnaise

**Red Onion** 



Zucchini

# Start here

- Before starting, wash and dry all produce.
- If you've opted to add chicken breasts, preheat the oven to 425°F.

#### **Bust out**

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

# Ingredients

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	2 Person	4 Person
Falafel	8	16
Chicken Breasts	2	4
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
- \*\* 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.

## Contact

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## 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.

Once veggies are prepped, pat chicken dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then **chicken**. Cook until golden, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Roast in the middle of the oven until **chicken** is cooked through, 12-14 min.\*\* Use the same non-stick pan to cook veggies.



#### Cook couscous

- Meanwhile, add <sup>2</sup>/<sub>3</sub> cup water, ½ 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.



# 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. (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.



## 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.



## Finish and serve

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

Thinly slice **chicken**. Top plated bowls with **chicken** before drizzling **sauce** over top.

