



# North African-Inspired Falafel and Couscous

with Blistered Veggies and Spicy Mayo Sauce

Veggie

Spicy

35 Minutes



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Falafel



Chicken Tenders



Couscous



Harissa Spice Blend



Lemon



Parsley



Baby Tomatoes



Sweet Bell Pepper



Red Onion



Spicy Mayo



Zucchini

**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### 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 tbsp) **oil**  
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
Chicken Tenders	310 g	620 g
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	1	2
Red Onion	1	2
Spicy Mayo 🍷	4 tbsp	8 tbsp
Zucchini	1	2
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.



### 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**, 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 to the same plate as **veggies**, then cover to keep warm.

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt and pepper**. Heat the same pan over medium-high. When hot, add ½ **tbsp oil**, then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.\*\*



### Cook couscous

- Meanwhile, add ¾ **cup** (1 ⅓ 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 from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 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.

Top final plates with **chicken**.



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Dinner Solved!