



# Falafels in Harissa Sauce

with Sweet Potato, Bulgur Wheat and Yoghurt

**Classic** 30-35 Minutes • **Medium Spice** • 4 of your 5 a day • Veggie

4



Diced Sweet Potato



Vegetable Stock Paste



Bulgur Wheat



Onion



Garlic Clove



Dried Oregano



Harissa Paste



Tomato Passata



Baby Spinach



Ready to Eat Falafels



Greek Style Natural Yoghurt



Harissa is widely used in Middle Eastern and North African cuisine, containing dried chillies, star anise, cumin and coriander. It pairs perfectly with falafels and bulgur, also Middle Eastern staples, to make this colourful veg-filled bowl.

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Baking tray, saucepan, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Diced Sweet Potato**	200g	300g	400g
Vegetable Stock Paste	20g	30g	40g
Bulgur Wheat <b>13</b>	120g	180g	240g
Onion	1	1½	2
Garlic Clove**	2	4	6
Dried Oregano	1 sachet	1 sachet	2 sachets
Harissa Paste	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Baby Spinach**	40g	70g	100g
Ready to Eat Falafels**	171g	266g	342g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>711g</b>	<b>100g</b>
Energy (kJ/kcal)	3135 /749	441 /105
Fat (g)	28.0	3.9
Sat. Fat (g)	9.0	1.3
Carbohydrate (g)	105.9	14.9
Sugars (g)	26.6	3.8
Protein (g)	18.6	2.6
Salt (g)	3.95	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pop the **diced sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden and tender, 20-22 mins. Turn halfway through.



## Sauce Things Up

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** and fry until softened, 4-5 mins.

Add the **dried oregano**, **harissa paste** and **garlic**. Stir-fry for 1 min.

Stir in the **passata**, the remaining **vegetable stock paste**, the **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then simmer until slightly thickened, 4-5 mins.



## Cook the Bulgur

Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in **half the veg stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



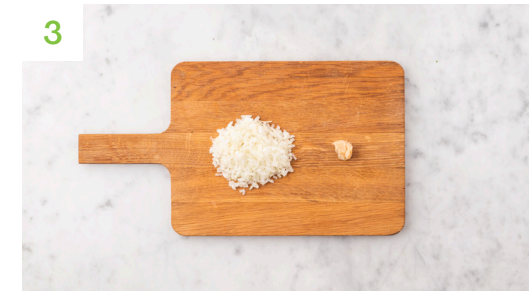
## Falafel Time

Once your **harissa sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Lower the heat to medium and add the **falafels** to the **sauce**, carefully stirring to coat. Season with **salt** and **pepper**.

Simmer gently until cooked through, 5-6 mins.

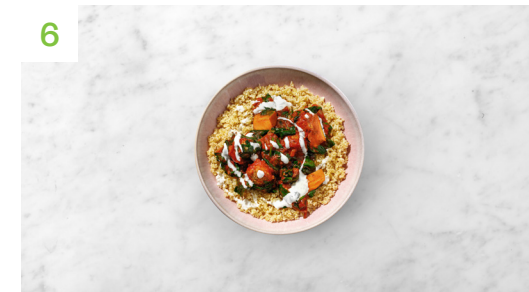
Add the **cooked sweet potato** and **butter** (see pantry for amount) to the **sauce**. Stir gently until the **butter** has melted.



## Prep Time

Meanwhile, halve, peel and chop the **onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press).



## Serve Up

Share the **bulgur wheat** between your bowls, then top with the **falafels** and **harissa sauce**.

Drizzle over the **yoghurt** to finish.

## Enjoy!