



BEETROOT & FETA FALAFEL

with Watercress Salad and Tzatziki



HELLO GRAM FLOUR

Nothing to do with weights and measures, gram flour is made from chickpeas.



Beetroot



Mint



Spring Onion



Kidney Beans



Ground Coriander



Feta Cheese



Gram Flour



Cucumber



Yoghurt



Black Olives



Steve's Leaves:
Watercress



Olive Oil



Whole Wheat
Soft Tortillas

40 mins

4.5 of your 5 a day

Veggie

Falafel are traditionally made with chickpeas but Mimi has developed this pretty-in-pink version with kidney beans and beetroot. They're lovely to look at but even better to eat. Paired with peppery watercress and cooling tzatziki in a tortilla, you've got tonight's dinner all wrapped up!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Peeler, Coarse Grater, Colander, Mixing Bowl, Potato Masher, Baking Tray**, some **Baking Paper**, a **Frying Pan** and some **Foil**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 220°C. Peel and grate the **beetroot**. Pick the **mint leaves** from their stalks and finely chop (discard the **stalks**). Remove the root from the **spring onion** and finely slice. Drain and rinse the **kidney beans** in a colander under cold running water.



2 MASH THE BEANS

Put the **kidney beans** in a mixing bowl and break them up with a potato masher (a few left whole is fine). Add the **ground coriander, spring onion, grated beetroot** and half the **mint**. Crumble in the **feta**, add the **gram flour** and combine evenly.



3 MAKE THE FALAFEL

Shape the **mixture** into balls, six per person, then squish each one to flatten it slightly. Line a baking tray with some baking paper and lay the **falafel** out in a single layer. Bake on the top shelf of your oven for 15-20 mins.



4 MAKE THE TZATZIKI

Meanwhile, make the tzatziki! Cut the **cucumber** in half lengthways and scrape out the seeds with a spoon (discard the seeds). Chop into 1cm cubes. Pop in a small bowl and add the remaining **mint** and the **yoghurt**. Season with a small pinch of **salt** and a grind of **black pepper** and mix together.



5 TOSS THE SALAD

Roughly chop the **black olives** and put them in a large bowl with the **watercress**. Drizzle over the **olive oil** (amount specified in ingredient list) and toss together.



6 FINISH AND SERVE

Pop a frying pan on medium heat (no **oil**). Once hot, lay in a **tortilla**. Fry until lightly toasted, 1-2 mins each side. Remove to a plate and cover with foil to keep warm. Repeat with the other **tortillas** until you have two each. Take everything to the table so people can build their own wraps. We like to lay out a **tortilla**, add some **salad**, pop three **falafel** on top and finish with **tzatziki** before rolling up and tucking in. **Enjoy!**

2 PEOPLE INGREDIENTS

Beetroot, grated	1
Mint, chopped	1 bunch
Spring Onion, sliced	3
Kidney Beans	1 tin
Ground Coriander	1½ tsp
Feta Cheese, crumbled 7)	1 block
Gram Flour	2 tbsps
Cucumber, chopped	½
Yoghurt 7)	1 pot
Black Olives, chopped	30g
Steve's Leaves: Watercress	1 bag
Olive Oil*	1 tbsps
Whole Wheat Soft Tortillas 1)	4

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	677	112
(kJ)	2838	469
Fat (g)	31	5
Sat. Fat (g)	12	2
Carbohydrate (g)	65	11
Sugars (g)	17	3
Protein (g)	31	5
Salt (g)	3.13	0.52

ALLERGENS

1) Gluten 7) Milk

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

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