



Falafel Flatbreads and Halloumi Fries

with Fresh Pomegranate Salad and Yoghurt Tahini Dressing

Street Food 45 Minutes • Little Heat • 1 of your 5 a day • Veggie

N°24



Potato



Halloumi



Baby Gem Lettuce



Mint



Lemon



Greek Yoghurt



Tahini Paste



Honey



Pomegranate



Falafel Mix



Chermoula Spice



Plain Flour



Sumac



Greek Flatbreads

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Fine Grater, Measuring Jug, Mixing Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Halloumi 7)**	1 block	1½ blocks	2 blocks
Baby Gem Lettuce**	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Lemon**	½	1	1
Greek Yoghurt 7)**	75g	100g	150g
Tahini Paste 3)	1 small sachet	1 large sachet	2 small sachets
Honey	1 sachet	2 sachets	2 sachets
Water for the Yoghurt Dressing*	3 tbsp	5 tbsp	6 tbsp
Pomegranate**	½	1	1
Falafel Mix 13)	1 pack	1½ packs	2 packs
Chermoula Spice	1 small pot	1 large pot	1 large pot
Water for the Falafel*	150ml	225ml	300ml
Plain Flour 13)	8g	16g	16g
Sumac	1 tsp	1 tsp	2 tsp
Greek Flatbreads 7) 13)	4	6	8

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	766g	100g
Energy (kJ/kcal)	5314/1270	694/166
Fat (g)	50	7
Sat. Fat (g)	23	3
Carbohydrate (g)	168	22
Sugars (g)	28	4
Protein (g)	70	9
Salt (g)	7.94	1.04

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1



Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel) and pop them into a low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and set aside. Halve the **halloumi** as if you were making 2 'steaks', then chop each half into 5 'baton' shaped pieces. Trim the root from the **baby gem** and thinly slice. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Zest and halve the **lemon**.

4



Fry the Falafel

Once the **falafel mixture** has thickened, shape into balls (4 per person) **TIP: Wet your hands before shaping the falafels to prevent them from sticking to your hands.** Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **falafels** and cook, turning occasionally, until browned all over, 5-6 mins. Pop onto a baking tray and bake on the middle shelf of your oven until firm and cooked through 6-8 mins. Remove from the oven.

2



Finish the Prep

Add the **Greek yoghurt** to a bowl along with the **tahini** and the **honey**. Squeeze in the **lemon juice** and season with **salt** and **pepper**. Gradually stir through the **water** (see ingredients for amount) with a fork until well combined. Taste and add more **salt** and **pepper** if you feel it needs it. Quarter the **pomegranate** (see ingredients for amount). Holding the **pomegranate pieces** over a bowl of **water**, scoop out the **seeds** into the bowl of **water**. **TIP: Use a fork to do this, it helps to release the seeds.** Remove the **seeds** from the **water** and set aside. Discard the white pith.

5



Fry the 'Chips'

Pop your pan back on medium-high heat and add a drizzle of **oil**. While the **oil** is heating up, pop the **flour** in a shallow bowl and add **half the sumac**. Mix together, then add the **halloumi fries** to the bowl and toss to coat in the **flour**. Lay the **halloumi fries** in your hot **oil** and fry until golden all over, 6-7 mins total. Remove the pan from the heat. Meanwhile, pop your **flatbreads** on the top shelf of the oven to warm through, 2-3 mins.

3



Start the Falafel

Pop the **falafel mixture** into a medium mixing bowl and add the **chermoula** and **lemon zest**. Season with **salt** and **pepper** and add the **water** (see ingredients for amount.) Mix together until well combined then set aside for 3-4 mins (the **mixture** will thicken in this time). Meanwhile, roast the **potatoes** on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.**

6



Finish and Serve

Serve the **flatbreads** on large plates (2 per person). Spread a spoonful of your **dressing** on the bottom of each **flatbread**, add the **potatoes**, **baby gem** and **falafels**. Serve the **halloumi fries** alongside, then drizzle over the remaining **dressing** and sprinkle over the **pomegranate seeds**, **mint** and remaining **sumac**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.