



Chickpea and Feta Falafel



XXX

xxx



Sweet Potato



Chickpeas



Flat Leaf Parsley



Dill



Garlic Clove



Lemon



Echalion Shallot



Green Beans



Panko Breadcrumbs



Honey



Feta Cheese



Mayonnaise

Easy to make and packed with lots of fresh ingredients, spices, and herbs, our homemade chickpea and feta falafel are a real weeknight winner. Because of their texture, chickpeas are a great thing to use when making falafel as they can hold their shape and work brilliantly when combined with fresh herbs. Served with roasted sweet potatoes and crunchy green beans tossed through with fresh lemon zest, garlic and feta cheese, you can't go wrong with this wholesome vegetarian dish.

- 35 mins
- 3 of your 5 a day
- Veggie

MEAL BAG

7

BEFORE YOU START

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



1 ROAST THE POTATO

Chop the **sweet potato** into 2cm wide cubes (no need to peel). Pop onto a lined baking tray and drizzle on a splash of **oil**. Season with **salt** and **pepper**. Use your hands to rub the seasoning over the **cubes**. Arrange in one even layer and roast on the middle shelf of your oven until soft and golden, 20-25 mins. Turn halfway through cooking.



2 DO THE PREP

Meanwhile, drain and rinse the **chickpeas** in a colander. Pop into a mixing bowl. Roughly chop the **parsley** then the **dill** (stalks and all). Keep separate. Peel and grate the **garlic** (or use a garlic press). Zest then halve the **lemon**. Halve, peel and thinly slice the **shallot**. Trim the **green beans**.



3 MAKE THE FALAFEL

Mix the **breadcrumbs**, **honey**, **parsley**, **half the lemon zest** and **half the dill** into the bowl with the **chickpeas**. Season with **salt** and **pepper**. Use a fork to break down the **chickpeas**, then use your hands to mush the **mixture** together. Crumble in and incorporate **half the feta**, then shape into three even sized **patties** per person. Keep to one side.



4 STIR-FRY THE BEANS

Heat a splash of **oil** in a frying pan over medium-high heat. Add the **green beans** and **shallot** and stir-fry until the **beans** are soft enough to eat, 5-6 mins. Add a splash of **water** every now and then to help them cook. When nearly cooked, stir in the **garlic** and cook for 1 minute more. Season with **salt** and **pepper** and transfer to a bowl.



5 COOK THE FALAFEL

Wipe out your frying pan with some kitchen paper and return to medium heat with a splash of **oil**. When hot, add the **falafel** and brown on both sides, this will take around 2-3 mins on each side. Meanwhile, toss the remaining **lemon zest** and **feta** through the **green beans** and dress with a splash of **olive oil** and a squeeze of **lemon juice**.



6 SERVE

Share the **beans** and the **sweet potato wedges** between your plates. Serve the **falafel** alongside. Mix the remaining **dill** through the **mayo** and use to dip your **potatoes** in! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	1 small	2 small	1 large
Chickpeas	1 carton	1½ cartons	2 cartons
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Dill *	1 bunch	1 bunch	1 bunch
Garlic Clove*	1	2	2
Lemon *	1	1½	2
Echalion Shallot *	1	1½	2
Green Beans *	1 small pack	1 large pack	2 small packs
Panko Breadcrumbs 13)	15g	20g	30g
Honey	1 sachet	1½ sachet	2 sachet
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 512G	PER 100G
Energy (kJ/kcal)	2950 / 705	577 / 138
Fat (g)	42	8
Sat. Fat (g)	11	2
Carbohydrate (g)	59	11
Sugars (g)	20	4
Protein (g)	21	4
Salt (g)	2.07	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Mik 8) Egg 9) Mustard 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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