



Falafel Burger

with Sweet Potato Wedges and Baby Gem

Classic 35 Minutes • Little Spice • 2.5 of your 5 a day • Veggie

19



Sweet Potato



Bell Pepper



Lemon



Falafel Mix



Chermoula Spice



Baby Gem Lettuce



Baby Plum Tomatoes



Plant-Based Burger Bun



Sweet Chilli Sauce



Mayonnaise

Before you start

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

Cooking tools, you will need:

Two Baking Trays, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Bell Pepper***	1	1½	2
Lemon**	½	1	1
Falafel Mix 13	1 pack	1½ packs	2 packs
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Water*	150ml	225ml	300ml
Baby Gem Lettuce**	1	2	2
Baby Plum Tomatoes**	125g	190g	250g
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Plant Based Burger Bun 13	2	3	4
Sweet Chilli Sauce	1 sachet	1 sachet	2 sachets
Mayonnaise 8 9	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	2704 /646	419 /100
Fat (g)	13	2
Sat. Fat (g)	2	1
Carbohydrate (g)	144	22
Sugars (g)	38	6
Protein (g)	25	4
Salt (g)	4.33	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg **9**) Mustard **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.

Contact

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Cook the Wedges

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast 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.**



Salad Time

Trim the root from the **lettuce** and set **1 big leaf** aside per person (this is to go on the burger). Separate the rest of the leaves. Halve the **tomatoes** and pop them into a medium bowl. Squeeze in the **lemon juice** and add the **olive oil** (see ingredients for amount). Season with a pinch of **salt** and **pepper**. Set aside. **TIP: You'll add the lettuce later, if you add it now the acid from the lemon juice will wilt it.**



Roast the Pepper

Halve the **pepper** and discard the stalks, core and seeds. Pop on another baking tray cut side down. Drizzle with **oil** and season with **salt** and **pepper**. Roast in your oven until completely softened and slightly charred, 20-25 mins.



Fry the Falafels Burgers!

Once the **falafel mixture** has thickened, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, shape the **falafel mixture** into patty shapes with your hands (1 per person) and lay in your pan. **TIP: Wet your hands before shaping the falafels to prevent them from sticking to your hands.** Cook until browned, 2-3 mins, then carefully turn and cook until the other side is browned too, 2-3 more mins. Carefully transfer to the baking tray with the **peppers** and bake on the top shelf of your oven until firm and cooked through, 8-10 mins.



Make the Falafel

Zest and halve the **lemon**. Pop the **falafel mixture** into a medium mixing bowl with the **lemon zest** and **chermoula**. 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) or until ready to cook.



Finish and Serve

Meanwhile, halve the **burger buns**. Pop them in the oven for the last 2 mins of wedge and falafel cooking time. Serve the **falafel burgers** on the bottom of the **buns** with **1 pepper half** per person and **1 lettuce leaf** per person on top, followed by the **sweet chilli sauce**, **mayo** and the **bun lid**. Add the remaining **lettuce leaves** to the **dressing** and toss to combine. Serve the **burger** with the **salad** and **sweet potato wedges** alongside.

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.