



Herby Falafel Flatbreads

with Halloumi & Sweet Potato Fries and Garlicky Yoghurt

STREET FOOD 45 Minutes • Medium Heat • 4 of your 5 a day • Veggie

N° 18



Lemon



Coriander



Flat Leaf Parsley



Carrot



Chickpeas



Garlic Clove



Spring Onions



Plain Flour



Chermoula Spice



Mango Chutney



Sweet Potato



Halloumi



Premium Tomatoes



Baby Gem Lettuce



Greek Yoghurt



Naan



Zahtar Spice

Before you start

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

Basic cooking tools you will need:

Fine Grater, Coarse Grater, Mixing Bowl, Baking Tray, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Lemon**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Carrot**	1	2	2
Chickpeas**	1 carton	1½ cartons	2 cartons
Garlic Clove**	1	1	1
Spring Onions**	2	3	4
Plain Flour 13)	24g	36g	48g
Chermoula Spice	1 small sachet	1 large sachet	1 large sachet
Mango Chutney	1 sachet	1½ sachets	2 sachets
Sweet Potato**	2	3	4
Halloumi 7) **	1 block	1½ blocks	2 blocks
Premium Tomatoes	1 small punnets	1 large punnet	1 large punnet
Baby Gem Lettuce**	1	1½	2
Greek Yoghurt 7) **	150g	225g	300g
Naan 7) 13)	2	3	4
Zahtar Spice	1 pot	1 pot	1 pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	971g	100g
Energy (kJ/kcal)	5404/1292	557/133
Fat (g)	48	5
Sat. Fat (g)	23	2
Carbohydrate (g)	159	16
Sugars (g)	44	5
Protein (g)	55	6
Salt (g)	5.69	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Get Prepped

Preheat your oven to 200°C. Zest and halve the **lemon**. Roughly chop the **coriander** and **parsley** (stalks and all). Trim and coarsely grate the **carrot** (no need to peel). Drain and rinse the **chickpeas**. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.



4. Shape the Falafels

Shape the **chickpea mix** into five small balls per person. Flatten each ball gently to 2cm thick and pop on a plate. Heat a drizzle of oil in a frying pan on medium-high heat and then fry the **patties** in the hot **oil** until golden on both sides. This should take around 2-3 mins on each side. Transfer to a baking tray and pop onto the bottom shelf of your oven for 10-15 mins.



2. Make the Mix

Pop the **carrot**, **lemon zest**, **chickpeas**, **coriander**, **half** the **parsley** and **half** the **spring onion** in a large bowl. Mix in the **flour**, **chermoula** and **mango chutney**. Season with **salt** and **pepper**. Squish together with your hands (or the back of a fork) until the **chickpeas** are nicely broken up and mushy and the **mixture** sticks together. Keep to one side.



5. Make the Salad

Meanwhile, quarter the **tomatoes**, pop them in a medium bowl. Add a glug of **olive oil**, the remaining **parsley** and a squeeze of **lemon juice**. Season with **salt** and **pepper**. Add a pinch of **sugar**, mix and set aside. Trim the root from the **baby gem lettuce** then half lengthways. Thinly slice widthways. Put the **yoghurt** in a bowl and add the **garlic** (add less if you don't love raw garlic). Season with **salt** and **pepper** and a splash of **water**. Mix to a drizzling consistency.



3. Chip Time!

Chop the **sweet potatoes** into 2cm wide slices, then into 2cm wide chips. Pop on a baking tray. Halve the **halloumi** lengthways, then chop each half lengthways into roughly four 2cm wide chip shape pieces. Drizzle the **sweet potato** with **oil** and gently toss to coat. Roast in your oven until soft, 25 mins. Halfway through cooking, add the **halloumi** to the tray, turn the **potatoes**, then roast for the remaining time.



6. Serve

Pop the **naans** in your oven for the last 4-5 mins of the chip's cooking time. Add **three-quarters** of the **yoghurt** to the **tomatoes** along with the **baby gem lettuce** and gently combine. Serve the **naans** with the **salad** on top, then the **falafels**. Serve the **sweet potato** and **halloumi chips** on the side. Drizzle the remaining **yoghurt** over the **chips** and then sprinkle on the **zahtar** and remaining **spring onion**. Cut any remaining **lemon** into **wedges** to serve.

Enjoy!