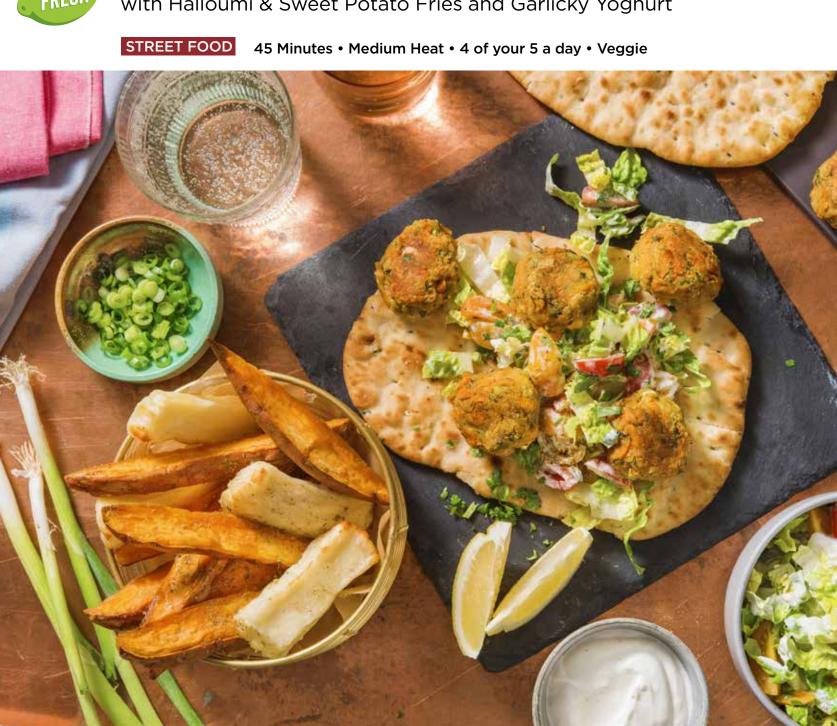


Herby Falafel Flatbreads

with Halloumi & Sweet Potato Fries and Garlicky Yoghurt









Flat Leaf Parsley





Chickpeas



Spring Onions



Chermoula Spice



Sweet Potato



Premium Tomatoes





Greek Yoghurt



Zahtar Spice





Carrot



Garlic Clove



Plain Flour



Mango Chutney



Halloumi



Baby Gem Lettuce



Naan

Before you start

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

Basic cooking tools you will need:

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

Ingredients

mgreaterits			
	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 ** Ctore in the Fridge			

*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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Packed in the UK



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**.



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.



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.



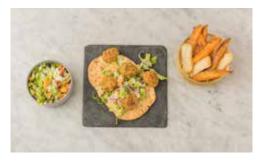
4. Shape the Falafels

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.



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.



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!