

Herby Falafel Naans

with Halloumi and Sweet Potato Fries and Garlicky Yoghurt

Street Food 35-45 Minutes • Little Spice • 3 of your 5 a day • Veggie













Flat Leaf Parsley Carrot





Chickpeas









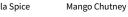






Chermoula Spice









Sweet Potato







Baby Gem Lettuce

Premium Tomatoes







Greek Yoghurt



Naan



Zahtar Spice

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Zester, Grater, Sieve, Garlic Press, Bowl, Baking Tray, Frying

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 carton	2 carton
Garlic Clove	1	1	1
Spring Onion**	2	3	4
Plain Flour 13)	24g	48g	48g
Chermoula Spice	1 sachet	1 sachet	2 sachet
Mango Chutney	1 sachet	1½ sachet	2 sachet
Sweet Potato**	2	3	4
Halloumi 7)**	250g	375g	500g
Premium Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	1½	2
Greek Yoghurt 7)**	150g	225g	300g
Naan 7) 11) 13)	2	3	4
Zahtar Spice	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	954g	100g
Energy (kJ/kcal)	5264/1258	552 /132
Fat (g)	47	5
Sat. Fat (g)	24	3
Carbohydrate (g)	155	16
Sugars (g)	42	4
Protein (g)	53	6
Salt (g)	4.57	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 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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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 onions**.



Make the Mix

Pop the **chickpeas** into a large bowl. Break them up with the back of a fork then add the carrot, lemon zest, coriander, flour, chermoula spice, mango chutney and half of the parsley and half the spring onions. Season with salt and pepper. Squish together with your hands until mushy and the **mixture** sticks together. Keep to one side.



Chip Time

Chop the sweet potatoes into 2cm 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 pieces. Drizzle the **sweet potato** with **oil** and gently toss to coat. Roast in your oven until soft, 20-25 mins. Halfway through cooking, add the **halloumi** to the tray, turn the **potatoes**, then roast for the remaining time.



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.



Make the Salad

Meanwhile, halve the **tomatoes** and pop them into 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 halve 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.



Serve

Pop the **naans** in your oven for the last 4-5 mins of chip cooking time. Add three-quarters of the yoghurt to the tomatoes along with the baby gem lettuce and 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 for squeezing over.

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.