



# MEDITERRANEAN FALAFEL BOWL

with Freekeh Salad and Dill Yogurt Dressing

NUTRITIONIST APPROVED



## HELLO FREEKEH

Freekeh, is a grain which has a distinct nutty and smoky flavour. Freekeh is a great source of zinc which plays a role in maintaining healthy skin, hair and nails.



Chickpeas



Coriander



Ground Cumin



Red Pepper



Beetroot



Freekeh



Black Olives



Natural Yoghurt



Dill



Lemon



Premium Tomatoes



Cucumber

MEAL BAG 8

35 mins

4 of your 5 a day

Veggie

Balanced

Under 550 calories

High Protein

Packed with fresh flavours and good-for-you ingredients, our Mediterranean inspired falafel bowl is the perfect recipe for a balanced dinner at home. Because of their texture, chickpeas are a great thing to use when making homemade falafel as they can hold their shape and work brilliantly when combined with fresh herbs and spices. To keep you feeling full, we've served the falafel with two delicious salads, roasted red peppers, nutty freekeh and a dill yoghurt dressing.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Sieve**, **Potato Masher** some **Baking Paper**, a **Baking Tray**, **Frying Pan**, **Coarse Grater** and **Fine Grater**. Now, let's get cooking!



### 1 COOK THE FREEKEH

Preheat your oven to 200°C. Bring a large saucepan of water to the boil on high heat. Once boiling, pop in the **freekeh** along with a pinch of **salt**. Reduce the heat and simmer for 15 mins, then drain in a sieve. Return the **freekeh** to the pan, cover with a lid and leave to one side until ready to serve. While your freekeh cooks, drain and rinse the **chickpeas** in a sieve.



### 2 PREP THE CHICKPEA BALLS

Meanwhile, roughly chop the **dill** and **coriander** (stalks and all). Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop the **chickpeas** into a large bowl along with **half** the **dill**, **half** the **coriander**, the **cumin** and a good pinch of **salt** and **pepper**. Mash together with a potato masher then shape into three balls per person.



### 3 GET COOKING

Pop the sliced **red pepper** onto a lined baking tray and drizzle over a little **oil**. Season with a pinch of **salt** and **pepper** then roast on the top shelf of your oven until coloured and tender, 15 mins. Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. When hot, pop the **chickpea balls** into the pan and fry until nicely golden on all sides, turning regularly, 12-15 mins.



### 4 SALAD TIME

In the meantime, grate the **beetroot** (no need to peel). Trim the **cucumber** then quarter lengthways and chop widthways into small pieces. Pop the **cucumber**, **beetroot** and remaining **coriander** into a medium-sized bowl. Toss to mix. Roughly chop the **olives** and chop the **tomatoes** in half. Mix the **tomatoes** and **olives** together in another bowl.



### 5 MAKE THE DRESSING

Zest and halve the **lemon**. Pop the **yogurt** into a small bowl and squeeze in the **juice** from **half** the **lemon**. Add the **lemon zest** and the rest of the **dill**. Add 1 tsp of **water** per person to loosen it up, stir well, then season to taste with **salt** and **pepper**.



### 6 ASSEMBLY

Once everything is done, season the **freekeh** with a small squeeze of **lemon juice**, then share between your bowls. Assemble the **salads: cucumber** and **beetroot, tomato and olives** and the **red pepper** on top of the **freekeh** then pop the **chickpea balls** on top. Drizzle the **dill yogurt dressing** all over. **Dig in!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Chickpeas	1 carton	1½ cartons	2 cartons
Coriander *	1 bunch	1 bunch	1 bunch
Ground Cumin	1 small pot	¾ large pot	1 large pot
Red Pepper *	1	2	2
Beetroot *	1	1½	2
Freekeh 13)	100g	150g	200g
Black Olives	1 pouch	1½ pouches	2 pouches
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch
Dill *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Premium Tomatoes	1 punnet	2 punnets	2 punnets
Cucumber *	½	¾	1

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 614G	PER 100G
Energy (kJ/kcal)	1849 / 442	301 / 72
Fat (g)	9	2
Sat. Fat (g)	2	1
Carbohydrate (g)	65	11
Sugars (g)	22	4
Protein (g)	23	4
Salt (g)	0.81	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 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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