





Baked Falafels

with Roasted Cauliflower Couscous

 20-30min  2 Portions

You don't need to fry falafels or even shape them into balls. These cheat's patties with chickpeas, panko breadcrumbs and Middle Eastern spices are blended and baked until golden. Served with couscous tossed with sweet roasted capsicum, cauliflower and yoghurt, it's everything you love about a falafel wrap, just lighter.

What we send

- cauliflower
- capsicum
- cherry tomatoes
- coriander, garlic
- chickpeas
- red onion
- red cabbage
- panko breadcrumbs ¹
- chermoula spice blend ¹⁷
- cous cous ¹
- Greek yoghurt ⁷

What you'll require

- boiling water
- extra virgin olive oil
- olive oil
- sea salt and pepper

Utensils

- baking paper
- oven tray
- pastry brush

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The remaining tomatoes and chermoula spice blend won't be used in this recipe.

Allergens

Gluten (1), Milk (7), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 900kcal, Fat 32.3g, Carbs 103.1g, Proteins 34.4g



1. Roast vegetables

Preheat oven to 220C. Line 2 oven trays with baking paper. Halve **half the tomatoes** (see cooking tip). Coarsely chop the **capsicum** into 2cm pieces, discarding seeds and membrane. Cut the **cauliflower** into small florets. Put the **tomatoes** at one end of one of the lined trays and the cauliflower and capsicum at the other end and drizzle with **1 tbs olive oil**.



4. Prepare salad

Meanwhile, put the **couscous** into a bowl and add **2 tsp extra virgin olive oil** and **185ml (¾ cup) boiling water**. Stand for 10 mins or until all the water has been absorbed. Fluff with a fork. Add the **tomatoes, cauliflower** and **capsicum** to the couscous and mix gently to combine.



2. Make falafel

Bake for 5-10 mins until **tomatoes** start to soften. Remove tomatoes. Bake the **cauliflower** and **capsicum** for a further 15 mins or until golden. Meanwhile, drain and rinse the **chickpeas**. Finely chop the **onion**. Finely chop the **coriander** leaves and stems. Put the chickpeas, onion, coriander, **1 tsp chermoula spice blend** (see cooking tip) and **panko** into a bowl.



5. Prepare cabbage

Finely shred the **cabbage** and put into a bowl with **1 tbs extra virgin olive oil**. Season with **salt** and mix well to combine.



3. Bake falafel

Process the chickpea mixture with a stick blender to form a coarse mixture. Shape the mixture into 4 patties, using approximately 75g (⅓ cup) mixture for each patty. Put the **patties** onto the remaining lined tray and brush with **2 tsp olive oil**. Bake for 12-15 mins until heated through.



6. Make garlic yoghurt

Crush or finely chop **half the garlic**. Put the **yoghurt**, garlic and a pinch of **salt** into a small bowl and mix to combine. Divide the **falafel, couscous** and **cabbage** among plates and serve with the **garlic yoghurt**.