



Baked Falafels

with Roasted Cauliflower Couscous



20-30min



4 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
- chickpeas
- capsicum
- cherry tomatoes
- coriander, garlic
- panko breadcrumbs ¹
- red cabbage
- red onion
- 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.

Allergens

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

Nutrition per serving

Energy 885kcal, Fat 33.7g, Carbs 99.7g, Proteins 32.6g



1. Roast vegetables

Preheat oven to 220C. Line 3 oven trays with baking paper. Halve the **tomatoes** and put on 1 lined tray. Coarsely chop the **capsicums** into 2cm pieces, discarding the seeds and membrane. Cut the **cauliflower** into small florets. Put the capsicum and cauliflower on a second lined tray and drizzle with **2 tbs olive oil**.



4. Prepare salad

Meanwhile, put the **couscous** into a bowl and add **1 tbs extra virgin olive oil** and **375ml (1½ cups) 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 the vegetables for 5-10 mins until the **tomatoes** start to soften. Remove the **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, **2 tsp chermoula spice blend** and **panko** into a bowl.



5. Prepare cabbage

Finely shred the **cabbage** and put into a bowl with **2 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 8 patties, using approximately 75g (⅓ cup) mixture for each patty. Put the **patties** onto the remaining lined tray and brush with **1 tbs 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**.