



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: PARSLEY

Parsley is much more than just a simple garnishing herb! It is good for your eyesight (vitamin A + beta carotene), great for your immune system and can also help with urinary tract infections as it has good diuretic properties.



## 2. RED RICE BOWL

WITH FALAFEL BITES & CHIMICHURRI

 30 Minutes

 2 Servings

 Plant-based

A nourishing bowl of fragrant red rice, avocado and falafel bites served with a punchy chimichurri sauce.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
26g	67g	83g

## FROM YOUR BOX

RED RICE	150g
PARSLEY	1/2 bunch *
GARLIC	1 clove
FALAFEL BITES	1 packet
AVOCADO	1
CHERRY TOMATOES	1/2 bag (100g) *
CONTINENTAL CUCUMBER	1/3 *
SPINACH & ROCKET LEAVES	1/2 bag (60g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, red wine vinegar

## KEY UTENSILS

saucepan, frypan

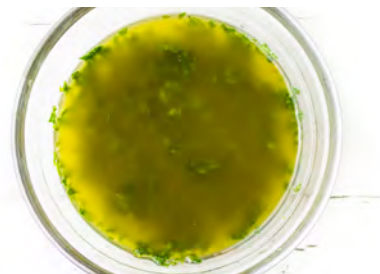
## NOTES

These falafel bites are also great with the chipotle mayonnaise from this week.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



### 2. MAKE THE CHIMICHURRI

Finely chop parsley. Combine with 1 crushed garlic clove, **2 tbsp vinegar** and **1/3 cup olive oil**. Season with **salt and pepper**. Set aside.



### 3. COOK THE FALAFEL BITES

Heat a frypan over medium-high heat with **oil**. Add falafel bites and cook for 8-10 minutes turning until golden and heated through.



### 4. PREPARE THE SALAD

Meanwhile, wedge avocado. Halve the tomatoes. Slice cucumber. Set aside with spinach and rocket leaves.



### 5. FINISH AND PLATE

Divide rice, salad and falafel bites among bowls. Spoon over chimichurri dressing to taste.