



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

 4 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
20g	39g	69g

23 March 2020

FROM YOUR BOX

RED RICE	300g
PARSLEY	1/2 bunch *
GARLIC	1 clove
RED ONION	1/2 *
FALAFEL BITES	1 packet
COOKED BEETROOT	1 packet
AVOCADO	1
TOMATO	1
CONTINENTAL CUCUMBER	1/2 *
ROCKET LEAVES	1/2 bag (100g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, frypan

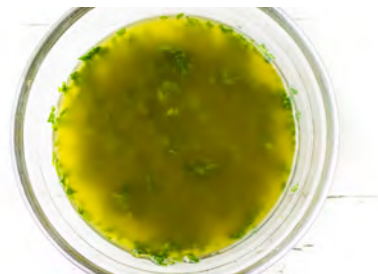
NOTES

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**. Slice and add onion along with falafel bites and cook for 8-10 minutes until falafels are golden and heated through.



4. PREPARE THE SALAD

Meanwhile, wedge beetroot and avocado. Dice tomato. Slice cucumber. Set aside with rocket leaves.



5. FINISH AND PLATE

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