



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.



## 3. MOROCCAN CHICKPEA DUMPLINGS

Fluffy chickpea dumplings in a rich Moroccan base sauce with sautéed vegetables, finished with a fresh parsley topping and served with roast sweet potato.

 35 Minutes

 4 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	7g	57g

10 February 2020

## FROM YOUR BOX

SWEET POTATOES	800g
PARSLEY	1 bunch
CHICKPEA FLOUR MIX	1 packet
SPRING ONIONS	1/2 bunch *
RED CAPSICUM	1
MOROCCAN SPICE MIX	1 packet
KALE	1/2 bunch *
CHOPPED TOMATOES (TINNED)	400g
CHERRY TOMATOES	1 bag (200g)

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried thyme, maple syrup (or sweetener of choice)

## KEY UTENSILS

oven tray, large frypan with lid

## NOTES

Get creative with the dumpling mix! Add cumin seeds or a dried herb for a different flavour!

We used two teaspoons to make small size dumplings. Use one to scoop the mixture out and the other to scrape into the pan. Try to tuck them into the sauce while cooking for full flavour.

This dish also works well with a dollop of hummus!



### 1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes in half lengthways. Coat with **oil, salt and pepper** and roast cut side down for 20-25 minutes until cooked through.



### 2. MAKE THE DUMPLINGS

Finely chop the parsley stems (reserve leaves for step 5). Combine with chickpea flour mix and **1/2 cup water**. Season with **salt and pepper** (see notes). Set aside.



### 3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp oil**. Slice and add spring onions (reserve tops for garnish). Dice capsicum. Add to pan as you go along with 2 tbsp spice mix and **1/2 tsp dried thyme**. Cook for 3-4 minutes until fragrant.



### 4. SIMMER THE SAUCE

Thinly slice kale leaves. Add to pan and cook for 3-4 minutes. Pour in chopped tomatoes and **1/2 tin of water**. Add **1 tsp maple syrup** and season with **salt and pepper**. Use two spoons to scoop even size dumplings into sauce. Cover and simmer for 10 minutes (see notes).



### 5. MAKE THE FRESH TOPPING

Chop parsley leaves and quarter tomatoes. Toss with reserved spring onion tops.



### 6. FINISH AND PLATE

Garnish the chickpea dumplings with fresh topping. Serve with sweet potatoes.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

