



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Bulgur


Bulgur is prepared, pre-cooked wheat, originally from the Middle East. The wheat is soaked, cooked and dried, then lightly milled to remove the outer bran and cracked.



2 Buddha Bowl with Falafel Bites

Middle Eastern inspired Buddha bowl with falafel bites, roast veggies and orange tossed bulgur. Topped with Persian Feta cheese from local business The Naked Co.

 20 minutes

 4 servings

 Vegetarian

27 July 2020

Boost the flavours!

Add 1-2 tsp cumin seeds to roast vegetables. Grate and add 2 tsp of orange zest to the dressing for extra flavour!

FROM YOUR BOX

BULGUR & CURRANT MIX	1 tub (240g)
DUTCH CARROTS	1 bunch
CHERRY TOMATOES	1 bag (200g)
RED ONION	1
ORANGE	1
THYME	1/2 packet *
FALAFEL/VEGGIE BITES	1 packet
SPRING ONIONS	1/2 bunch *
GREEN BEANS	1 bag (150g)
PERSIAN FETA CHEESE	1 tub

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, red or white wine vinegar

KEY UTENSILS

oven tray, saucepan, frypan

NOTES

Due to a supplier shortage you may receive a slightly larger size of falafels than what is in our photos. No dramas! Cook time is the same and we suggest breaking them into bites for ease of serving (and eating)!

If you're short on time - Add beans and spring onions to oven tray at the same time as falafels. Serve bulgur as is and drizzle over dressing to serve.

No gluten option - bulgur is replaced with red rice. Cook as per recipe instructions.



1. COOK THE BULGUR

Set oven to 250°C.

Place bulgur in a saucepan and cover with water. Bring to the boil and cook for 15 minutes or until tender. Drain and rinse, see step 5.



2. ROAST THE VEGETABLES

Trim carrots, halve tomatoes and wedge red onion. Toss it all on a lined tray with **oil and salt**. Roast for 15 minutes or until golden and tender.



3. MAKE THE DRESSING

Combine orange juice, **1 tbsp vinegar and 2 tbsp olive oil**. Pick and add thyme leaves, season with **salt and pepper**.



4. WARM THE FALAFELS

Add falafels to a separate oven tray (or add to the tray with vegetables, see notes!). Roast for 10 minutes or until lightly golden.



5. DRESS THE BULGUR

Heat a large frypan with **2 tbsp oil** over medium heat. Slice spring onions and chop green beans, add to pan and sauté for 5 minutes or until softened. Toss in bulgur and half of the dressing.



6. FINISH AND SERVE

Arrange bulgur, roasted vegetables and falafels in bowls. Serve with spoonfuls of feta cheese and extra dressing to taste.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

