



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CHICKPEA FLOUR

Chickpea flour, also known as besan flour is popular in Asian and Indian cuisine. It is high in protein, iron and fibre.



3. CHICKPEA FLATBREADS

WITH BEETROOT DIP & VEGGIE MINCE

 35 Minutes

 2 Servings

 Plant-based

A festive share plate with veggie burger mince, mint and carrot salad, crispy chickpea flatbreads and beetroot dip.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
26g	42g	75g

20 April 2020

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (150g)
COOKED BEETROOT	1 tin
COCONUT YOGHURT	1/2 tub *
SHALLOT	1
VEGGIE BURGERS	1 packet
CARROT	1
CHERRY TOMATOES	1 bag (200g)
MINT	1/2 bunch *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, cumin seeds (or ground cumin), white wine vinegar, baking paper

KEY UTENSILS

oven tray, stick mixer or small food processor, frypan

NOTES

The batter should be thickened before you pour onto the lined tray. You can also add other spices such as fennel seeds and garlic flakes on top before baking.



1. PREPARE FLATBREAD MIX

Set oven to 180°C. Whisk together chickpea flour and **3/4 cup water**. Set aside for 10 minutes (see notes).



2. MAKE THE BEETROOT DIP

Drain beetroots and blend with coconut yoghurt and **1/2 tbsp vinegar** using a stick mixer or small food processor. Season with **salt and pepper**. Set aside.



3. COOK THE FLATBREADS

Line an oven tray with baking paper and drizzle with **oil** (to prevent sticking). Pour batter onto tray (see notes). Use a spatula to spread out into a flatbread roughly 0.5cm thick. Sprinkle with **cumin seeds** and **salt**. Bake for 20-25 minutes until crisp around the edges.



4. COOK THE VEGGIE MINCE

Heat a frypan over medium-high heat with **1 tbsp oil**. Slice and add shallot. Crumble in veggie burgers, creating a mince like texture. Cook for 6-8 minutes until crispy (add more oil if needed).



5. PREPARE THE SALAD

Meanwhile, julienne or grate carrot. Quarter cherry tomatoes and roughly chop mint leaves. Toss together with **1 tbsp vinegar** and **1 tbsp olive oil**.



6. FINISH AND PLATE

Break the flatbreads into pieces. Serve at the table with salad, beetroot dip and veggie mince.