



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: POMEGRANATE

Delicious pomegranates are now in season! Before you cut yours open, press the palm of your hand against the pomegranate and roll on a hard surface. This will help release the seeds.



4. FALAFELS WITH POMEGRANATE RICE SALAD

 30 Minutes

 2 Servings

 Plant-based

Ruby red jewels of pomegranate in a balsamic brown rice salad with roast eggplant and almonds, served with falafel bites.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
25g	42g	105g

27 April 2020

FROM YOUR BOX

BROWN RICE	150g
SMALL EGGPLANT	1
FALAFELS	1 packet
PARSLEY	1/2 bunch *
ALMONDS	1 packet (40g)
POMEGRANATE	1
BALSAMIC GLAZE	1 sachet
MOROCCAN PUMPKIN DIP	1 tub
LEMON	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper

KEY UTENSILS

saucepan, oven tray

NOTES

Stretch the dip out by combining it with lemon juice and a little water or olive oil.



1. COOK THE RICE

Set oven to 220°C.
Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. ROAST THE EGGPLANT & FALAFELS

Dice eggplant and toss on a lined oven tray with **oil, salt and pepper**. Place falafels on the other side of tray. Roast in oven for 15-20 minutes until cooked through.



3. PREPARE THE SALAD

Chop parsley and almonds. Add to a large salad bowl. Cut pomegranate in half horizontally. Hold cut half over bowl and whack fruit with a wooden spoon to release the seeds.



4. TOSS THE SALAD

Toss cooked rice and eggplant with salad ingredients and balsamic glaze. Season with **salt and pepper** to taste.



5. FINISH AND PLATE

Serve brown rice salad with falafels, dip and lemon wedges.