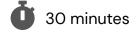




# **Falafel Bowl**

# with Broccoli Tabbouleh

A bright and vibrant broccoli and parsley tabbouleh with a zesty lemon dressing served bowl-style with baba ganoush and pan-fried falafels.



14 October 2022



2 servings



# Warm it up!

You can sauté the finely chopped broccoli or roast it in the oven to warm up the tabbouleh.

104g

# FROM YOUR BOX

FALAFEL MIX	1 packet
SHALLOT	1
LEMON	1
BROCCOLI	1
PARSLEY	1 bunch
ТОМАТО	1
SULTANA+SEED MIX	1 packet (40g)
BABA GANOUSH	1 tub

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

#### **KEY UTENSILS**

large frypan

#### **NOTES**

The sultana and seed mix includes sultanas, sunflower seeds and pepitas.

You can also use a box grater or food processor to get the broccoli to a fine consistency.



# 1. PREPARE THE FALAFELS

Add falafel mix to a large bowl along with **170 ml water.** Stir to combine and leave to sit until step 4.



### 2. MAKE THE DRESSING

Dice shallot. Zest and juice lemon. Add to a large bowl along with 1/4 cup olive oil, salt and pepper. Whisk to combine.



#### 3. MAKE THE TABBOULEH

Finely chop broccoli and parsley leaves (see notes). Dice tomato. Add to the dressing bowl along with sultana and seed mix. Toss until well coated.



# 4. COOK THE FALAFELS

Heat a frypan over medium-high heat with oil. Add spoonfuls of falafel mix to the pan and cook for 3-4 minutes until golden.



# **5. PREPARE BABA GANOUSH**

Add baba ganoush to a bowl along with **2 tbsp water.** Stir to combine.



#### **6. FINISH AND SERVE**

Spoon baba ganoush into shallow bowls. Top with tabbouleh and falafels.



