



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Broccoli

Broccoli is one of the healthiest veggies because of its nutritional makeup. It is full of fibre, antioxidants, and vitamin C, which aids in iron absorption!



## H2 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.



30 minutes



2 servings



Vegetarian

14 October 2022

## Warm it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	66g	104g

## FROM YOUR BOX

FALAFEL MIX	1 packet
SHALLOT	1
LEMON	1
BROCCOLI	1
PARSLEY	1 bunch
TOMATO	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.

**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**

