



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!



H4 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



4 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
	31g	45g	68g

FROM YOUR BOX

CARROT	1
FALAFEL MIX	1 packet
SHALLOT	1
LEMON	1
BROCCOLI	1
PARSLEY	1 bunch
TOMATOES	3
OLIVES	1 tub
SULTANA+SEED MIX	1 packet (80g)
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

Grate carrot. Add to a large bowl along with falafel mix and **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 TABBIOULEH

Finely chop broccoli and parsley leaves (see notes). Dice tomatoes. Rinse olives and roughly chop. 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**

