



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.



H4 Mushroom Ragu with Chickpea Crepes and Halloumi

A hearty ragu of mushrooms and grated parsnips flavoured with fresh thyme served in homemade chickpea crepes with pan-fried halloumi and fresh rocket leaves.



30 minutes



4 servings



Vegetarian

26 August 2022

Add to it!

Add lentils, walnuts, diced carrots or cannellini beans to the mushroom ragu for extra flavour and bulk.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	31g	53g

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (300g)
BROWN ONION	1
BUTTON MUSHROOMS	1 bag (300g)
PARSNIPS	2
THYME	1 packet
TOMATO PASTE	1 sachet
HALLOUMI	1 packet
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce (or tamari)

KEY UTENSILS

2 frypans

NOTES

It is best to use a non-stick frypan to cook the crepes.

To find out if crepes are ready to be flipped, run a non-metal spatula around the edge of the crepe. If it lifts away from the pan, give the pan a gentle shake. If the crepe moves freely around the pan, it is ready to be flipped.

Lemon zest and juice on the halloumi are a delicious addition!

Dress rocket with vinegar or lemon juice if desired.



1. PREPARE THE INGREDIENTS

Add chickpea flour to a large bowl along with **3 cups water**, **2 tbsp olive oil**, **salt and pepper**. Whisk to combine and set aside.

Slice onion and mushrooms. Grate parsnips.



2. COOK THE CREPES

Heat a frypan over high heat with **oil** (see notes). Add 1/2 cupfuls of batter to pan. Swirl around to coat base of pan. Cook for 2 minutes, flip and cook for a further minute. Remove to a plate and repeat with remaining batter. Reserve pan for step 5.



3. SAUTÉ THE MUSHROOMS

Meanwhile, heat a large frypan over medium-high heat with **oil**. Add mushrooms and onion to pan along with 3/4 packet thyme leaves. Sauté for 3-5 minutes until mushrooms begin to brown.



4. SIMMER THE RAGU

Add parsnips to mushroom pan along with tomato paste, **2 tbsp soy sauce** and **2 cups water**. Simmer, semi-covered, for 8-10 minutes. Season with **pepper**.



5. COOK THE HALLOUMI

Slice halloumi. Add to reserved pan with remaining thyme leaves (see notes). Cook for 2-3 minutes each side until halloumi is golden.



6. FINISH AND SERVE

Fill crepes with mushroom ragu and halloumi. Serve with fresh rocket leaves (see notes).

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**

