



Product Spotlight: Sweet Corn


Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



12 Sweet Corn Falafels with Romesco Sauce

Charred peppers make a delicious and easy Romesco sauce to go with these sweet corn falafels. Served with wilted kale and white beans.

 35 minutes

 2 servings

 Plant-Based

25 February 2022

Switch it up!

Wilt the kale and add to the falafel mix and keep the corn to add to beans and capsicums! Or keep the falafels plain and serve the corn on the side either boiled or grilled.

Per serve: **PROTEIN** 56g **TOTAL FAT** 34g **CARBOHYDRATES** 100g

FROM YOUR BOX

CORN COB	1
FALAFEL MIX	1 packet
ROASTED PEPPER STRIPS	1 tub (100g)
RAW ALMONDS	1 packet (50g)
GARLIC CLOVES	2
KALE	1 bunch
CHIVES	1 bunch
TINNED WHITE BEANS	400g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice (we used red wine), 1/2 stock cube

KEY UTENSILS

large frypan x 2, stick mixer or small processor

NOTES

Use oiled hands to form patties to avoid mixture sticking to your hands.

Use a smaller measure if preferred or make into bite size falafels for party food.

Any leftover falafels are great for lunch the next day.

Falafel Mix Ingredients: chickpea flour, baking powder, ground cumin and coriander, garlic, parsley flakes



1. PREPARE FALAFEL MIX

Remove corn kernels from cob and roughly chop. Place into a large bowl. Add falafel mix and **250ml water**. Mix well and leave to stand for 15 minutes.



2. MAKE THE ROMESCO

Drain peppers and place into a jug with roughly chopped almonds, **1 garlic clove**, **2 tbsp olive oil** and **1/2 tbsp vinegar**. Blend together with a stick mixer. Season to taste with **salt and pepper**.



3. COOK THE KALE

Heat a frypan over medium-high heat with **oil**. Remove kale from stems, wash and roughly chop, crush 1 garlic clove and slice chives (keep half for garnish). Add to pan with white beans (incl liquid), **1/4 cup water** and **1/2 stock cube**. Cook, stirring, for 5 minutes.



4. COOK THE FALAFELS

Heat a second frypan to medium-high heat with **oil**. Use 1/4 cup measure to scoop falafel mix (see notes) straight into pan, flattening lightly. Cook for 6-8 minutes, turning or until cooked through.



5. FINISH AND SERVE

Season kale with **salt and pepper**.
Serve the kale onto plates with falafels and sauce.

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**

