



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Broccoli


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



## 12 Baked Falafels with Super Green Mash

Falafels cooked in tomato and mushroom sauce topped with melty nut cheese and served on a bed of super green mash.

 35 minutes

 2 servings

 Plant-Based

8 July 2022

## Mix it up!

*Instead of topping the falafels with the cheese, add it to the mash. You could also serve the falafels and sauce over pasta if preferred!*

Per serve: **PROTEIN** 41g **TOTAL FAT** 17g **CARBOHYDRATES** 130g

## FROM YOUR BOX

FALAFEL MIX	1 packet
MEDIUM POTATOES	2
BROCCOLI	1
BUTTON MUSHROOMS	100g
TOMATO SUGO	1 jar
MOZZARELLA NUT CHEESE	1 packet (140g)
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

large ovenproof frypan (see notes), saucepan

## NOTES

If you don't have an ovenproof frypan you can transfer the falafels, mushrooms and sauce to an oven dish in step 4, or you can cover the frypan with a lid to melt the cheese instead of using the oven.

If you would prefer to keep the broccoli separate to serve on the side, simply remove from saucepan before mashing.



### 1. MIX THE FALAFELS

Set oven to 220°C.

Add falafel mix and **170ml water** to a bowl. Mix well and leave for 15 minutes.



### 2. COOK THE MASH

Dice potatoes, place in a saucepan and cover with water. Bring to boil and simmer for 12 minutes. Chop and add broccoli (use to taste). Cook for a further 3–5 minutes until tender. Drain, reserving **1/2 cup water**, and return to saucepan (see step 5).



### 3. MAKE THE FALAFELS

Heat an ovenproof frypan over medium-high heat with **oil**. Using wet or oiled hands, form the falafels into 1 tbsp balls and place directly into pan. Cook, turning, for 5 minutes.



### 4. ADD THE SAUCE

Slice and add mushrooms to frypan along with **1 tsp thyme**. Cook for 2–3 minutes until softened and falafels are firm. Pour in sugo and **1/2 cup water**. Take off heat. Grate cheese and sprinkle over top. Place into oven for 5 minutes for cheese to melt.



### 5. MAKE THE MASH

Mash potatoes and broccoli (see notes) with enough reserved water to achieve desired consistency. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Roughly chop basil.

Serve green mash onto plates and top with falafels, sauce and fresh basil.

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