



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sweet Potatoes

Sweet potatoes are a great source of beta-carotene, and vitamins A, B6, and C. They are full of manganese, calcium, potassium, iron and fibre. In other words, an excellent choice for healthy eating!



12

Courgette Falafel Patties with Sweet Potato Chips

Pan-fried falafel patties with added courgette. Served with sweet potato chips, salad and dip.



30 minutes



2 servings



Plant-Based

4 November 2022

Bake them instead

Make the falafels according to the packet instructions and roll them with oiled hands. Place onto a lined baking tray and cook alongside the sweet potatoes. Dice and add courgettes to the tray as well.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	22g	99g

FROM YOUR BOX

COURGETTES	2
FALAFEL MIX	1 packet
SWEET POTATOES	400g
LEBANESE CUCUMBER	1
ORANGE	1
MESCLUN LEAVES	1 bag (60g)
DIP	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, red wine vinegar

KEY UTENSILS

oven tray, large frypan

NOTES

You can sweeten your dressing with 1/2-1 tsp maple syrup. If there is orange juice on your chopping board, scrape that into the salad bowl as well.

Use a smaller measure to make bite-sized falafels if preferred.



1. MAKE THE FALAFEL MIX

Set oven to 220°C.

Grate courgettes and place in a large bowl. Add falafel mix and **1/2 cup water**. Mix well and leave to stand for 15 minutes.



2. COOK THE CHIPS

Cut sweet potatoes into chips. Toss on a lined oven tray with **1 tsp cumin seeds, oil, salt and pepper**. Roast for 15-20 minutes until tender and golden.



3. MAKE THE SALAD

In a large bowl whisk together **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper** (see notes). Roughly chop cucumber and orange. Add to bowl with leaves and toss together just before serving.



4. COOK THE FALAFELS

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



5. FINISH AND SERVE

Serve falafels, chips and salad onto plates. Add dip on the side.

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**

