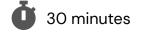




Courgette Falafel Patties

with Sweet Potato Chips

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





2 servings



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.

TOTAL FAT CARBOHYDRATES

29g 22g

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.



