



### Product Spotlight: Rocket leaves

Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



## Falafel Bites

### with Roast Cumin Vegetables and Pita Bread

A moreish and colourful share platter with golden falafel bites, cumin roast vegetables and pan-cooked almond pita breads, served with fresh rocket leaves.



30 minutes



2 servings



Plant-Based

5 May 2023

## Spice it up!

*You can use cumin seeds instead of ground cumin on the vegetables. Ground coriander, curry powder or dried herbs also work well!*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	23g	57g	88g



## FROM YOUR BOX

SHALLOT	1
ZUCCHINI	1
CHERRY TOMATOES	1 packet (200g)
FALAFEL BITES	1 packet
PITA MIX	1 packet
COCONUT MILK	165ml
HARISSA PASTE	1 sachet
ROCKET LEAVES	1 bag (60g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, dried oregano

## KEY UTENSILS

2 oven trays, frypan

## NOTES

**Pita mix ingredients:** almond meal, tapioca flour.

Add the falafels to the same oven tray as the vegetables to cook if you have room.

We recommend using a non-stick frypan for cooking the pitas. If you don't have a non-stick frypan, use a generous amount of oil to coat the pan before cooking them. Use the back of a spoon to gently spread the mixture out in the pan.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice shallot and zucchini and halve tomatoes. Toss on a lined oven tray with **2 tsp cumin, oil, salt and pepper**. Roast for 15-20 minutes until cooked through.



### 2. BAKE THE FALAFELS

Toss falafel bites on a lined oven tray with **oil** (see notes). Bake for 10-15 minutes until warmed through.



### 3. PREPARE THE PITA MIX

Add pita mix to a large bowl along with **1/2 tsp oregano, coconut milk, 2 tbsp water, 1 1/2 tbsp olive oil, salt and pepper**. Stir to combine.



### 4. COOK THE PITAS

Heat a frypan over medium-high heat with **oil** (see notes). Add 1/2 cupful of pita mix to pan. Cook for 3-4 minutes until golden and edges are crispy. Flip and cook for a further 2 minutes. Remove to a plate and repeat with remaining mixture.



### 5. PREPARE COMPONENTS

Add harissa paste to a bowl and loosen with **1 tbsp water**. Set aside with rocket leaves.



### 6. FINISH AND SERVE

Add falafels, vegetables, pitas, harissa dressing and rocket to a share plate, serve at the table.



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