



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Black Rice

Black rice is a good source of several nutrients, particularly protein, fibre and iron. It is also rich in antioxidants, making it a great addition to any diet.



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Black Rice & Nectarine Salad

with Falafels

Beautiful in-season nectarines tossed through black rice with radish and a maple vinaigrette. Served with pan-fried falafels.



30 minutes



4 servings



Plant-Based

16 December 2022

Herb it up!

If you have fresh herbs on hand you could chop and stir them through the salad when serving. Mint, coriander, parsley or dill would work beautifully in this dish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	28g	76g

FROM YOUR BOX

BLACK RICE	300g
FALAFELS	1 packet
CHIVES	1 bunch
NECTARINES	2
AVOCADO	1
GREEN CAPSICUM	1
RADISHES	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 clove garlic, vinegar (of choice), maple syrup

KEY UTENSILS

frypan, saucepan

NOTES

The falafels can also be cooked in a moderate oven or on the barbecue.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



2. COOK THE FALAFELS

Heat a frypan over medium-high heat with **oil**. Add falafels and cook for 3–4 minutes each side or until heated through (see notes).



3. MAKE THE DRESSING

Thinly slice half the chives and crush **garlic**. Whisk together in a bowl with **4 tbsp olive oil, 2 tbsp vinegar, 2 tsp maple syrup, salt and pepper**.



4. MAKE THE SALAD

Dice nectarines, avocado and capsicum. Trim and slice radishes (use to taste). Add to a bowl with rice and half the dressing. Toss together and season with **salt and pepper**.



5. FINISH AND SERVE

Slice remaining chives.

Divide salad among plates or bowls. Add falafels and extra dressing on the side, sprinkle over chives.

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**

