



Product Spotlight: Broccoli

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



14 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

 4 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** 25g **TOTAL FAT** 13g **CARBOHYDRATES** 83g

FROM YOUR BOX

ZUCCHINI	1
FALAFEL MIX	1 packet
MEDIUM POTATOES	800g
BROCCOLI	1
SLICED MUSHROOMS	1 punnet
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.

You can put the grated zucchini into a tea towel or a sieve to make it easier to remove the water.

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.

Grate zucchini into a bowl, squeeze out excess water (see notes). Add falafel mix and **150ml water**. 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. 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 3–4 minutes each side (cook in batches). Remove from pan.



4. ADD THE SAUCE

Add mushrooms to frypan along with **2 tsp thyme**. Cook for 2–3 minutes until softened. Pour in sugo and **1/2 cup water**. Take off heat and return falafels to pan. 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.

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

