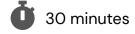




Falafel Bites

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 bread, served with fresh rocket leaves and harissa dressing.







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!

TOTAL FAT CARBOHYDRATES

42g

57g

FROM YOUR BOX

RED ONION	1
ZUCCHINI	1
CHERRY TOMATOES	1 packet (200g)
FALAFEL BITES	1 packet
PITA MIX	1 packet
COCONUT MILK	165ml
CAPSICUM DIP	1 tub
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 onion 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 tsp oregano, coconut milk, 1/3 cup water, 3 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 DIPPING SAUCE

Add capsicum dip to a bowl and loosen with **2 tbsp water**. Set aside with rocket leaves.



6. FINISH AND SERVE

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

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



