



### Product Spotlight: Carrot

Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-aging properties.



## Falafel Burger Bowl with Carrot Chips

A rainbow bowl featuring golden falafel patties, crispy carrot chips and tangy pickled onions. A delightful combination of textures and tastes in a single bowl.



30 minutes



2 servings



Plant-Based

18 August 2023

### Warm it up!

*You can roast the zucchini, tomatoes and onion instead. Make the falafels according to packet instructions. Serve all on a platter with the dip and fresh salad.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	9g	80g

## FROM YOUR BOX

CARROTS	2
RED ONION	1
FALAFEL MIX	1 packet
ZUCCHINI	1
GEM LETTUCE	3-pack
TOMATO	1
LEBANESE CUCUMBER	1
DIP	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, red wine vinegar

## KEY UTENSILS

oven tray, frypan

## NOTES

Gem lettuce can be quite sandy. Clean the leaves by separating and soaking them in a large bowl of water to remove excess sand. Rinse and then spin them in a salad spinner to dry.



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### 1. ROAST THE CARROT CHIPS

Set oven to 220°C.

Cut carrots into chips. Toss on a lined oven tray with **1 tsp cumin seeds, oil, salt and pepper**. Roast for 25 minutes until golden and cooked through.



### 4. PREPARE THE COMPONENTS

Separate and rinse lettuce leaves (see notes). Slice tomato and cucumber.



### 2. PICKLE THE ONION

In a non-metallic bowl, combine **1/4 cup vinegar** and **1 tsp salt**. Thinly slice **1/2 onion** and add to bowl. Set aside.



### 5. COOK FALAFEL BURGERS

Heat a large frypan over medium-high heat with **oil**. Shape **1/3 cupfuls** falafel mix into even size patties (makes 4). Cook for 6-8 minutes each side or until cooked through.



### 3. PREPARE THE FALAFEL MIX

Combine falafel mix with **3/4 cup water**. Grate zucchini and finely chop remaining onion. Stir through mix. Set aside.



### 6. FINISH AND SERVE

Arrange lettuce among shallow bowls. Top with falafel burgers, dip, fresh ingredients and pickled onion. Serve with carrot chips.

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