



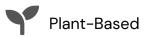
Falafel Burger Bowl

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.







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.

TOTAL FAT CARBOHYDRATES

28g

80g

FROM YOUR BOX

CARROTS	2
RED ONION	1
FALAFEL MIX	1 packet
ZUCCHINI	1
GEM LETTUCE	3-pack
ТОМАТО	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.





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.



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.



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.



4. PREPARE THE COMPONENTS

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



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.



6. FINISH AND SERVE

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

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**



