



### Product Spotlight: Hemp Salad Sprinkle

This salad sprinkle is made locally by Vasse Valley in the Margaret River region. It features hemp seed and native pepper berries, providing both delicious flavour and nutrition



## Rainbow Falafel Bowl

### with Hummus Dressing

A fresh and vibrant bowl with red cabbage, diced tomato, cucumber and avocado with tasty pea falafels, finished with a creamy hummus dressing and salad sprinkle from Vasse Valley.



25 minutes



2 servings



Plant-Based

3 February 2023

## Add to the bowl!

*If you have any leftover sauerkraut, fresh herbs or pickles they are great to add to this bowl!*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 32g     | 65g       | 66g           |



## FROM YOUR BOX

|                   |          |
|-------------------|----------|
| FALAFEL MIX       | 1 packet |
| HUMMUS            | 1 tub    |
| RED CABBAGE       | 1/4      |
| AVOCADO           | 1        |
| TOMATO            | 1        |
| LEBANESE CUCUMBER | 1        |
| CARROT            | 1        |
| SALAD SPRINKLE    | 1 packet |

## FROM YOUR PANTRY

oil for cooking, apple cider vinegar

## KEY UTENSILS

large frypan

## NOTES

Remove the cabbage core and use the cabbage to taste. You can use a food processor with slicing attachment if you have one.



### 1. PREPARE THE FALAFELS

Add falafel mix to a large bowl along with **170ml water**. Stir to combine. Set aside.



### 2. PREPARE THE DRESSING

Combine hummus with **1 tbsp vinegar** and **1-2 tbsp water** to reach a runny consistency. Set aside.



### 3. PREPARE THE INGREDIENTS

Finely shred cabbage (see notes). Quarter the avocado. Dice tomato and cucumber. Julienne or grate carrot.



### 4. COOK THE FALAFELS

Heat a frypan over medium-high heat with **oil**. Shape 1 tbsp size falafel balls using wet hands. Add to pan as you go and cook for 7-8 minutes turning until golden and cooked through.



### 5. FINISH AND SERVE

Assemble bowls with cabbage on the bottom, falafels, avocado, tomato, cucumber and carrot on top. Drizzle with hummus dressing and finish with salad sprinkle.

**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**

