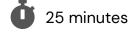




Rainbow Falafel Bowl

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.





2 servings



Add to the bowl!

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

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

32g 65g

5g

66g

FROM YOUR BOX

FALAFEL MIX	1 packet
HUMMUS	1 tub
RED CABBAGE	1/4
AVOCADO	1
ТОМАТО	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.



