



### Product Spotlight: Broccoli

Broccoli is of the healthiest veggies because of its nutritional makeup; it is full of fibre, antioxidants, and vitamin C, which aids in iron absorption!



## Baked Falafels with Super Green Mash

Falafels cooked in tomato and mushroom sauce topped with melty nut cheese and served on a bed of super green mash.



35 minutes



4 servings



Plant-Based

16 June 2023

### Mix it up!

*Instead of topping the falafels with the cheese, add it to the mash. You could also serve the falafels and sauce over pasta if preferred!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	15g	72g

## FROM YOUR BOX

FALAFEL MIX	1 packet
CARROT	1
MEDIUM POTATOES	800g
BROCCOLI	1
ZUCCHINI	1
TOMATO SUGO	1 jar
MOZZARELLA NUT CHEESE	1 packet (140g)
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

large ovenproof frypan (see notes), saucepan

## NOTES

If you don't have an ovenproof frypan, transfer the falafels and sauce to an oven dish in step 4.

If you would prefer to serve the broccoli on the side, take it from the saucepan before mashing.



### 1. PREPARE THE FALAFELS

Set oven to 220°C.

Add falafel mix to a large bowl along with **170ml water**. Stir to combine. Grate carrot and stir through. Set aside.



### 2. COOK THE MASH

Dice potatoes, place in a saucepan and cover with water. Bring to a boil and simmer for 12 minutes. Chop and add broccoli. Cook for a further 3-5 minutes until tender. Drain, reserving **1/2 cup water**, and return to saucepan (see step 5).



### 3. MAKE THE FALAFELS

Heat an ovenproof frypan over medium-high heat with **oil**. Using wet or oiled hands, form the falafels into 1 tbsp sized balls and place directly into pan. Cook, turning, for 6-8 minutes (cook in batches). Remove from pan.



### 4. MAKE THE SAUCE

Grate zucchini and add to frypan along with **2 tsp thyme**. Cook for 2-3 minutes until softened. Pour in sugo and **1/2 cup water**. Take off heat and return falafels to pan. Grate cheese and sprinkle over top. Place into oven for 5 minutes for cheese to melt.



### 5. MAKE THE MASH

Mash potatoes and broccoli (see notes) with enough reserved water to achieve desired consistency. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Roughly chop basil.

Serve green mash onto plates and top with falafels, sauce and fresh basil.



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