



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



4 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
	26g	8g	73g

FROM YOUR BOX

CARROTS	4
RED ONION	1
FALAFEL MIX	2 packets
ZUCCHINI	1
GEM LETTUCE	3-pack
TOMATOES	2
LEBANESE CUCUMBERS	2
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 **2 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 tomatoes and cucumbers.



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 8). Cook for 6-8 minutes each side or until cooked through.



3. PREPARE THE FALAFEL MIX

Combine falafel mix with **1 1/3 cups 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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