

**Product Spotlight:
Abhi's Bread**

Abhi's products have reached cult status over the last 20 years and are available to purchase across Perth and from our Marketplace.



Falafel Burgers with Sweet Potato Wedges

Falafel burger patties served in wholemeal burger buns from Abhi's bakery with pickled red cabbage, fresh and crunchy veggies and creamy dip with a side of sweet potato wedges.



30 minutes



2 servings



Vegetarian

20 January 2023

Switch it up!

Instead of pickling the cabbage, toss it through the creamy dip with 1-2 tbsp vinegar to make coleslaw.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	18g	129g

FROM YOUR BOX

SWEET POTATOES	400g
FALAFEL MIX	1 packet
RED CABBAGE	1/4
LEBANESE CUCUMBER	1
TOMATO	1
WHOLEMEAL BURGER BUNS	2-pack
CREAMY DIP	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar (of choice), sugar (of choice)

KEY UTENSILS

oven tray, frypan

NOTES

Cook falafels on flat plate of BBQ if desired.

Extra falafel patties can be used in wraps for lunch the following day, or cut into small pieces and added to a salad.

No gluten option - wholemeal buns are replaced with GF buns.

Protein upsize - protein upsize is 1 packet halloumi cheese. Slice halloumi and cook on each side until golden. Add to burgers to serve.



1. ROAST THE WEDGES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25-30 minutes, or until tender and golden.



2. PREPARE THE FALAFELS

Add falafel mix to a large bowl along with **3/4 cup water**. Stir to combine and set aside until step 4.

3. PREPARE FRESH ELEMENTS

Add **1/4 cup water, 1/2 cup vinegar, 1 tsp salt** and **1 tsp sugar** to a non-metallic bowl. Whisk to combine. Thinly slice cabbage and add to bowl. Leave to pickle, tossing occasionally.

Thinly slice cucumber and tomato.



4. COOK THE FALAFELS

Heat a frypan (see notes) over medium-high heat with **oil**. Use **oiled** hands to form falafels into 4 burger patties. Add to pan and cook for 1-2 minutes each side until golden.



5. WARM THE BUNS

Halve buns and warm in oven for 5 minutes.

6. FINISH AND SERVE

Drain pickled cabbage.

Serve creamy dip and prepared elements tableside for everyone to make their own burgers. Serve with wedges.



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**

