



Product Spotlight: Lebanese Pita Pockets


These delicious Lebanese pita pockets are baked fresh and without preservatives. Store them in the fridge or freezer until you require them (they defrost very quickly) to ensure they keep fresh.



L2 Falafel Mezze Platter

A mediterranean-inspired mezze platter with falafels, roasted vegetables, antipasto mix, skordalia dip, fresh vegetables and Lebanese pita pockets.

 30 minutes

 2 servings

 Plant-Based

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Bulk it up!

Falafels are a great vessel to use up excess veggies in the fridge. Grate zucchini, sweet potato or carrots, or finely slice left over herbs such as mint or parsley and add them to the batter.

Per serve: **PROTEIN** 38g **TOTAL FAT** 48g **CARBOHYDRATES** 154g

FROM YOUR BOX

PURPLE CARROTS	2
DUTCH CARROTS	1 bunch
FALAFEL MIX	1 packet
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1 bag (60g)
ANTIPASTO MIX	1 packet
SKORDALIA DIP	1 tub
LEBANESE PITA POCKETS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, oven tray

NOTES

Make the falafels to your desired size. They can be made smaller if you want more falafels or bigger if you want to cut down the time it takes to roll them.

No gluten option - pita pockets are replaced with gluten free wraps. Warm according to packet instructions if desired.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Quarter purple carrots. Trim dutch carrots and halve any larger ones. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until tender.



2. MAKE THE FALAFELS

Add falafel mix to a large bowl along with **3/4 cup water**. Stir to combine.



3. PREPARE INGREDIENTS

Slice cucumber. Arrange on a platter with mesclun leaves, antipasto mix and skordalia dip.



4. COOK THE FALAFELS

Heat a frypan over medium-high heat with **oil**. Use **oiled** hands to roll 1 tbsp (see notes) sized balls. Add to pan and cook for 1–2 minutes each side until golden brown. Remove to platter and keep pan over heat.



5. WARM THE PITA POCKETS

This step is optional. Add extra **oil** to pan. Halve pita pockets and add to pan. Warm, in batches, for 1 minute each side.



6. FINISH AND SERVE

Add pita pockets to platter. Serve at the table for everyone to build their own pitas.

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**

