



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beetroot

Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. On top of that, they can help reduce blood pressure, improve circulation and are great for eye health!



L2

Turkish Bread Falafel Rolls

A rainbow of roasted vegetables served in a Turkish bread roll with falafels, soft cheese, red pesto and fresh crunchy cucumbers.



30 minutes



2 servings



Vegetarian

26 August 2022

Make it your own!

Bring the fillings to the table for everyone to build their own roll! Add your favourite mustard, relish or pickles if desired.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	30g	107g

FROM YOUR BOX

CARROTS	2
BEETROOT	1
FALAFEL MIX	1 packet
TURKISH BREAD ROLLS	2-pack
LEBANESE CUCUMBER	1
MINT	1 packet
RED PESTO	50g
SOFT CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, white wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

Toss any leftover fillings with some lemon juice or some vinegar and salad leaves to make a salad for lunch the following day.

No gluten option – Turkish rolls are replaced with gluten-free Turkish rolls.



1. ROAST THE VEGGIES

Set oven to 220°C.

Slice carrots into thick chips. Thinly slice beetroot. Toss on a lined oven tray with **oil**, **2 tsp coriander**, **salt** and **pepper**. Roast for 20–25 minutes until veggies are tender.



2. PREPARE THE FALAFELS

Add falafel mix to a large bowl. Pour in **150 ml water**. Stir to combine.



3. COOK THE FALAFELS

Heat a large frypan over medium-high heat with **oil**. Use **wet or oiled** hands to form tablespoon balls. Add directly to pan and cook for 3–4 minutes each side or until golden.



4. WARM THE ROLLS

Optional – cut Turkish rolls in half. Place in oven for 5 minutes until toasty.



5. PREPARE THE FILLINGS

Dice cucumber and finely chop mint leaves. Add to a bowl along with **2 tsp vinegar**, **salt** and **pepper**. Toss to combine.



6. FINISH AND SERVE

Spread pesto onto rolls. Build rolls with roast veggies, prepared fillings and falafels. Dot in cheese (see notes).

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**

