




### 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!



## L4 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

 4 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
	25g	29g	82g

## FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOTS	2
FALAFEL MIX	1 packet
ZUCCHINI	1
TURKISH BREAD ROLLS	4-pack
LEBANESE CUCUMBER	1
MINT	1 packet
RED PESTO	2 x 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.

Trim and scrub dutch carrots. Thinly slice beetroots. Toss on a lined oven tray with **oil, 3 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. Grate zucchini and add to mix along with **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**

