



### Product Spotlight: Hemp Salad Sprinkle

Made locally by Vasse Valley (in the Margaret River region), this salad sprinkle features hemp seeds and native pepper berries, providing delicious flavour and nutrition.



## Rainbow Falafel Bowl

A fresh and vibrant bowl with red cabbage, diced tomato, cucumber and avocado with tasty pea falafels, finished with a creamy dressing and salad sprinkle from Vasse Valley.



25 minutes



2 servings



Plant-Based

## Add to the bowl!

*If you have any leftover sauerkraut, fresh herbs or pickles, they are great to add to this bowl!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	84g	78g



## FROM YOUR BOX

FALAFEL MIX	1 packet
HARVEST DRESSING	100ml
RED CABBAGE	1/4
AVOCADO	1
TOMATO	1
LEBANESE CUCUMBER	1
CARROT	1
SALAD SPRINKLE	1 packet

## FROM YOUR PANTRY

oil for cooking, apple cider vinegar

## KEY UTENSILS

large frypan

## NOTES

Remove the cabbage core and use the cabbage to taste. You can use a food processor with a slicing attachment if you have one.

*Salad Sprinkle: sunflower seeds, hemp hearts, fried shallots, nutritional yeast, garlic powder, native pepper berry, rosemary, thyme, salt*



### 1. PREPARE THE FALAFELS

Add **falafel mix** to a large bowl along with **170ml water**. Stir to combine. Set aside.



### 2. PREPARE THE DRESSING

Combine **harvest dressing** with **1 tbsp vinegar** and **1 tbsp water** to reach a runny consistency. Set aside.



### 3. PREPARE THE INGREDIENTS

Finely shred **cabbage** (see notes). Quarter the **avocado**. Dice **tomato** and **cucumber**. Julienne or grate **carrot**.



### 4. COOK THE FALAFELS

Heat a frypan over medium-high heat with **oil**. Shape tablespoon-sized **falafel balls** using wet hands. Add to pan as you go and cook for 7-8 minutes turning until golden and cooked through.



### 5. FINISH AND SERVE

Assemble bowls with **cabbage** on the bottom, **falafels**, **avocado**, **tomato**, **cucumber** and **carrot** on top. Drizzle with **dressing** and finish with **salad sprinkle**.



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