



**Product Spotlight:
Dukkah**

Dukkah is traditionally an Egyptian
condiment consisting of herbs, nuts,
and spices.



Rainbow Falafel Bowl

Golden pea falafels with colourful crunchy vegetables, creamy avocado and a zesty orange dressing, finished with a sprinkle of dukkah.



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
	18g	29g	64g

FROM YOUR BOX

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



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 **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 **dukkah**.



Scan the QR code to
submit a Google review!

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

