



**Product Spotlight:  
Za'atar**

Za'atar is an aromatic Middle Eastern blend of dried herbs, sesame seeds and sumac. Za'atar is a unique seasoning with bold flavours and great texture. Add to salads, smashed avo, BBQ'ed veggies or sprinkle on eggs.



# Falafel Chopped Salad

A fresh, vibrant chopped salad topped with golden pan-fried falafels, creamy avocado and punchy pickled shallot, finished with za'atar and a generous drizzle of creamy harvest dressing.

35 minutes   Plant-Based   4/6 servings

## Switch it up!

*Turn the salad into a wrap or pita filling, or serve everything platter-style so everyone can build their own bowls at the table.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	36g	46g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
FALAFEL MIX	1 packet	2 packets
KALE SLAW	1 bag	2 bags
HARVEST DRESSING	2 x 100g	3 x 100g
SHALLOT	1	2
AVOCADOS	2	3
TOMATOES	2	3
LEBANESE CUCUMBERS	2	3
ZA'ATAR	30g	2 x 30g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white vinegar, sugar of choice

## KEY UTENSILS

large frypan

## NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Add roasted capsicum or zucchini for extra sweetness and bulk.

*Za'atar mix: sesame seeds, sumac, dried oregano, potato fibre, dried coriander, salt, canola oil, food acid*



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### 1. PREPARE THE FALAFELS

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

**6P** - add falafel mix to bowl with 1 1/2 cups water.



### 2. PICKLE THE SHALLOT

In a non-metallic bowl (see notes) whisk together **1/3 cup vinegar**, **1/3 cup water**, **2 tsp salt** and **2 tsp sugar**. Thinly slice **onion** and add to bowl.

**6P** - add 1/2 cup vinegar, 1/3 cup water, 3 tsp salt and 3 tsp sugar to a bowl.



### 3. PREPARE THE INGREDIENTS

Slice **avocado** and **cucumber**, and dice **tomato** (see notes). Add **1/2 harvest dressing** and **1 tbs water** to a bowl. Whisk to combine.



### 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. DRESS THE KALE SLAW

Add **kale slaw** to a large bowl along with **remaining harvest dressing** and **2 tbs olive oil**. Mix well to dress the slaw. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Drain **pickled shallot** and halve **falafels**.

Divide **kale slaw** among shallow bowls. Add **falafels**, **cucumber**, **tomato** and **avocado**. Sprinkle over **za'atar** and serve with remaining **harvest dressing** to drizzle over.

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