



Product Spotlight: Broccoli

Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.



Falafels with Warm Hummus & Broccoli Tabbouleh

A fresh broccoli tabbouleh salad with pops of sweetness from sultanas served alongside golden falafel balls and a creamy lemon hummus for dipping.



30 minutes



4 servings



Plant-Based

Mix it up!

If you're not a fan of raw broccoli you can roast the florets in the oven instead! Coat the florets with some smoked paprika or ground cumin for extra flavour! Add any fresh parsley or mint to the tabbouleh.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	28g	85g

FROM YOUR BOX

FALAFEL MIX	2 packets
BROCCOLI	1
CHERRY TOMATOES	400g
RED CAPSICUM	1
ALFALFA SPROUTS	1 punnet
KALAMATA OLIVES	1 tub
SULTANAS	1 packet
HUMMUS	1 tub
LEMON	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

If you have any spare lemons you can use lemon juice for the dressing instead of vinegar.

Use wet or oiled hands to shape the falafels to prevent the mixture from sticking.

Sprinkle hummus with smoked paprika for a little extra smokiness.



1. PREPARE THE FALAFEL MIX

Combine both falafel mixes and **400ml water** in a large bowl. Set aside for 5 minutes then stir again.



2. PREPARE THE DRESSING

Whisk together **1 tbsp vinegar** and **2 tbsp olive oil** (see notes). Season with **salt and pepper** to taste.



3. MAKE THE TABBIOULEH

Finely chop broccoli, quarter tomatoes and dice capsicum. Toss in a bowl with alfalfa sprouts, olives, sultanas and dressing. Set aside.



4. COOK THE FALAFELS

Heat a frypan over medium-high heat and cover the base with **oil**. Shape falafels into even size balls and place into pan (see notes). Cook in batches for 6-8 minutes, turning, or until cooked through. Remove to drain on paper towel.



5. WARM THE HUMMUS

Meanwhile, combine hummus, lemon juice and **1/2 cup water** in a small saucepan over low-medium heat. Cook stirring for 3-4 minutes until warmed through. Season with **salt and pepper**.



6. FINISH AND PLATE

Spread even amounts of hummus over plates and drizzle with **olive oil** (see notes). Top with falafels and tabbouleh.



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