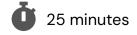
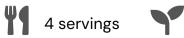
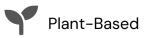


Rainbow Falafel Bowl

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.







Add to the bowl!

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

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

FALAFEL MIX	1 packet
CARROTS	2
HARVEST DRESSING	1 tub
ORANGE	1
RED CABBAGE	1/2
AVOCADOS	2
TOMATOES	2
LEBANESE CUCUMBERS	2
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. Grate **1 carrot** and stir through. Set aside.



2. PREPARE THE DRESSING

Combine harvest dressing with orange juice and 1 tbsp vinegar. Set aside.



3. PREPARE THE INGREDIENTS

Finely shred cabbage (see notes).

Quarter the avocados. Dice tomatoes and cucumbers. Julienne or grate 1 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.

