



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



4 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
	7g	21g	20g

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



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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**.

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