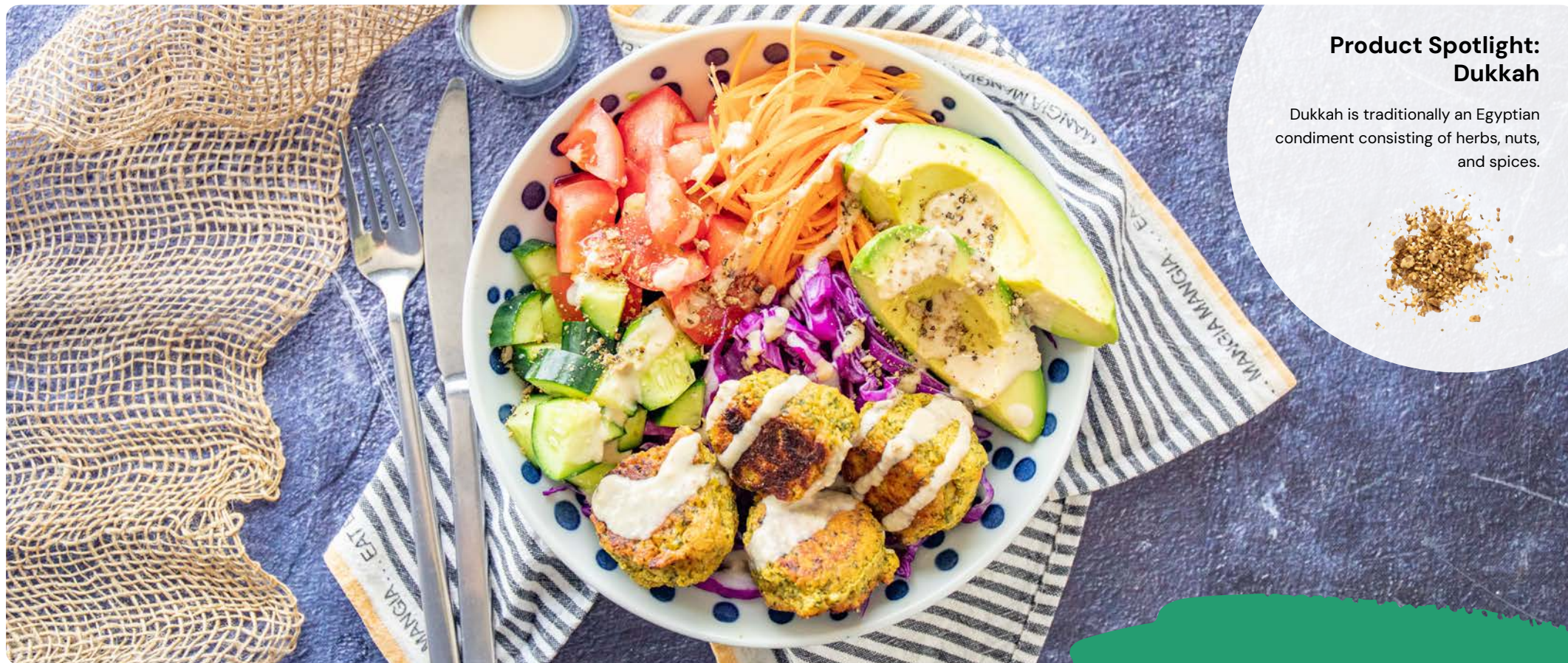




Product Spotlight: Dukkah

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



4/6 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
	12g	21g	41g

FROM YOUR BOX

	4 PERSON	6 PERSON
FALAFEL MIX	1 packet	2 packets
CARROTS	2	2
HARVEST DRESSING	1 tub	2 tubs
ORANGE	1	1
RED CABBAGE	1/2	1/2
AVOCADOS	2	3
TOMATOES	2	3
LEBANESE CUCUMBERS	2	3
DUKKAH	1 packet	2 packets

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. Grate **1 carrot** and stir through. Set aside.

6P – add 2 x falafel mix to a large bowl along with 340ml water. Reserve carrots for step 3.



2. PREPARE THE DRESSING

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

6P – combine harvest dressing with orange juice and 2 tbsp vinegar.



3. PREPARE THE INGREDIENTS

Finely shred **cabbage** (see notes). Quarter **avocados**, dice **tomatoes** and **cucumbers**. Julienne or grate **1 carrot**.

6P – julienne or grate 2 carrots.



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**.



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