



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

Flat leaf parsley is also known as Italian parsley. It has a stronger flavour than curly parsley and is a natural breath freshener!



Roast Pumpkin Hummus with Falafels

Creamy roast pumpkin hummus served with crispy falafels, a fresh parsley tabbouleh, finished with harvest dressing and spiced dukkah.



40 minutes



4/6 servings



Plant-Based

Spice it up!

Stir harissa, smoked paprika, or a pinch of cayenne into the hummus or falafel mix. Add a sprinkle of chilli flakes or a drizzle of hot sauce to finish.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	17g/22g	14g/17g	69g/97g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
FALAFEL MIX	1 packet	2 packets
ZUCCHINI	1	1
PARSLEY	2 packets	2 packets
LEBANESE CUCUMBERS	2	3
CHERRY TOMATOES	200g	2 x 200g
TINNED CHICKPEAS	400g	400g
GARLIC CLOVE	1	2
HARVEST DRESSING	100g	2 x 100g
DUKKAH	1 packet	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin

KEY UTENSILS

oven tray, frypan, stick mixer or small food processor

NOTES

You can toss all ingredients together to make a warm roast pumpkin salad instead of hummus.

Loosen the harvest dressing with a splash of water if preferred.



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1. ROAST THE PUMPKIN

Set oven to 220°C.

Peel and dice **pumpkin**. Toss on a lined oven tray with **1-2tbsp cumin, oil, salt and pepper**. Roast for 25 minutes until cooked through.



4. COOK THE FALAFELS

Heat frypan over medium-high with **oil**. Spoon 1 tbsp portions of **falafel mix** into pan. Cook 1-2 minutes per side until golden. Cook in batches if needed.



2. PREPARE THE FALAFELS

Meanwhile, grate **zucchini**. Add to a large bowl along with **falafel mix** and **3/4 cup water**. Stir to combine and set aside.

6P – add **finely grated zucchini, 2x falafel mix and 350ml water**.



5. BLEND THE HUMMUS

Drain **chickpeas** and chop **garlic**. Blend with **roast pumpkin** using stick mixer until smooth (add a little water if too thick). Season with **salt and pepper**.



3. PREPARE THE TABBOULEH

Chop **parsley, cucumbers** and quarter **cherry tomatoes**. Toss together.



6. FINISH AND SERVE

Spoon **pumpkin hummus** onto plates. Top with **falafels, tabbouleh**, and drizzle with **harvest dressing** (see notes). Sprinkle with **dukkah**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

