



Product Spotlight: Cherry Tomatoes

Cherry tomatoes aren't just cute - they're little flavour bombs! Halving them before cooking helps release their natural sweetness into the sauce. And did you know? Back in the day, cherry tomatoes were actually grown just for decoration!



Falafel Parmigiana with Wedges

Crispy golden falafels baked with balsamic tomatoes and topped with almond cheese, served with wedges and a fresh garden salad.



40 minutes



Plant-Based



2 servings

Switch it up!

If you're short on time, shape the falafel mixture into patties instead. Add tomatoes to the salad, then serve with wedges, falafel patties and your choice of condiment.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	28g	107g

FROM YOUR BOX

MEDIUM POTATOES	3
FALAFEL MIX	1 packet
SHALLOT	1
CHERRY TOMATOES	200g
ALMOND CHEDDAR	200g
LEBANESE CUCUMBER	1
MESCLUN LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

oven proof frypan, saucepan, oven tray

NOTES

If you don't have an oven proof frypan you can transfer the falafel balls to an oven dish before adding the tomatoes and cheese.



1. ROAST THE WEDGES

Set oven to 220°C. Wedge **potatoes** and add to a lined oven tray. Toss with **oil, salt and pepper**. Roast for 25–30 minutes or until tender and golden.



2. PREPARE FALAFELS

Add **falafel mix** to a large bowl with **170ml water**. Stir to combine and leave to sit for 15 minutes.



3. SIMMER THE TOMATOES

Heat a saucepan over medium–high heat with **olive oil**. Dice **shallot** and add to pan along with **1 tsp oregano**. Halve and add **tomatoes**. Cook covered for 10 minutes breaking down. Stir in **1/2 tbsp balsamic vinegar** and season with **salt and pepper**.



4. COOK THE FALAFELS

Meanwhile, heat an ovenproof frypan over medium–high heat (see notes). Using oiled hands, shape **falafel mixture** into 1/4 cup balls and add to pan. Cook for 6–8 minutes, turning. Remove from heat, add in **tomatoes** and top with **grated cheese**. Transfer to oven and bake for 5–10 minutes until cheese melts.



5. DRESS THE SALAD

Whisk together **1/2 tbsp balsamic vinegar** and **1/2 tbsp olive oil**. Slice and add **cucumber** along with **mesclun leaves**. Toss to combine.



6. FINISH AND SERVE

Serve **falafel parmigiana** with **wedges** and **salad** on the side.



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