



Product Spotlight: Broccoli

Broccoli is one of the healthiest veggies because of its nutritional makeup; it is full of fibre, antioxidants, and vitamin C, which aids in iron absorption!



Baked Falafels with Super Green Mash

Falafels cooked in tomato and mushroom sauce topped with melty nut cheese and served on a bed of super green mash.



35 minutes



4 servings



Plant-Based

Mix it up!

Instead of topping the falafels with the cheese, add it to the mash. You could also serve the falafels and sauce over pasta if preferred!

Per serve: **PROTEIN** 19g **TOTAL FAT** 15g **CARBOHYDRATES** 72g

FROM YOUR BOX

FALAFEL MIX	1 packet
CARROT	1
MEDIUM POTATOES	4
BROCCOLI	1
ZUCCHINI	1
TOMATO SUGO	1 jar
MOZZARELLA NUT CHEESE	1 packet
BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

large ovenproof frypan (see notes), saucepan

NOTES

If you don't have an ovenproof frypan, transfer the falafels and sauce to an oven dish in step 4.

If you would prefer to serve the broccoli on the side, take it from the saucepan before mashing.



1. PREPARE THE FALAFELS

Set oven to 220°C.

Add **falafel mix** to a large bowl along with **170ml water**. Stir to combine. Finely grate **carrot** and stir through. Set aside.



2. COOK THE MASH

Dice **potatoes**, place in a saucepan and cover with water. Bring to a boil and simmer for 12 minutes. Chop and add **broccoli**. Cook for a further 3–5 minutes until tender. Drain, reserving **1/2 cup water**, and return to saucepan (see step 5).



3. MAKE THE FALAFELS

Heat an ovenproof frypan over medium-high heat with **oil**. Using wet or oiled hands, form the falafels into 1 tbsp sized balls and place directly into pan. Cook, turning, for 6–8 minutes (cook in batches). Remove from pan.



4. MAKE THE SAUCE

Grate **zucchini** and add to frypan along with **2 tsp thyme**. Cook for 2–3 minutes until softened. Pour in **sugo** and **1/2 cup water**. Take off heat and return falafels to pan. Grate **cheese** and sprinkle over top. Place into oven for 5 minutes for cheese to melt.



5. MAKE THE MASH

Mash potatoes and broccoli (see notes) with enough reserved water to achieve desired consistency. Season with **salt and pepper**.



6. FINISH AND SERVE

Roughly chop **basil**.

Serve green mash onto plates and top with falafels, sauce and fresh basil.



Scan the QR code to
submit a Google review!

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

