



**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

4/6 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
4/6 Person:	16g	14g	82g/89g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
CARROT	1	1
FALAFEL MIX	1 packet	2 packets
BROWN ONION	1	1
CHERRY TOMATOES	2 x 200g	3 x 200g
ALMOND CHEDDAR	200g	200g
LEBANESE CUCUMBER	1	2
MESCLUN LEAVES	120g	120g

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.



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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

Finely grate **carrot**. Add to a large bowl along with **falafel mix** and **200ml water**. Stir to combine and leave to sit for 15 minutes.

6P- stir in 1 1/2 cups water.



3. SIMMER THE TOMATOES

Heat a saucepan over medium-high heat with **olive oil**. Dice **onion** and add to pan along with **2 tsp oregano**. Halve and add tomatoes. Cook covered for 10 minutes breaking down. Stir in **1 tbsp balsamic vinegar** and season with **salt and pepper**. **6P-** use **3 tsp oregano** and **1 1/2 tbsp balsamic vinegar**.



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 tbsp balsamic vinegar** and **1 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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