

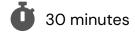




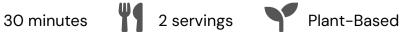
## **Falafel Bites**

### with Roast Cumin Vegetables and Pita Bread

A moreish and colourful share platter with golden falafel bites, cumin roast vegetables and pan-cooked almond pita breads, served with fresh rocket leaves.







# Spice it up!

You can use cumin seeds instead of ground cumin on the vegetables. Ground coriander, curry powder or dried herbs also work well!

PROTEIN TOTAL FAT CARBOHYDRATES

23g

88g

#### **FROM YOUR BOX**

SHALLOT	1
ZUCCHINI	1
CHERRY TOMATOES	200g
FALAFEL BITES	1 packet
PITA MIX	1 packet
COCONUT MILK	165ml
HARISSA PASTE	2 sachets
ROCKET LEAVES	60g

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

2 oven trays, frypan

#### **NOTES**

Add the falafels to the same oven tray as the vegetables if you have room.

We recommend using a non-stick frypan to cook the pitas. If you don't have a non-stick frypan, use a generous amount of oil to coat the pan before cooking them. Use the back of a spoon to gently spread the mixture out in the pan.

Pita mix: almond meal and tapioca flour.





#### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice shallot and zucchini and halve tomatoes. Toss on a lined oven tray with **2 tsp cumin, oil, salt and pepper**. Roast for 15–20 minutes until cooked through.



#### 2. BAKE THE FALAFELS

Toss falafel bites on a lined oven tray with **oil** (see notes). Bake for 10-15 minutes until warmed through.



#### 3. PREPARE THE PITA MIX

Add pita mix to a large bowl along with 1/2 tsp oregano, coconut milk, 2 tbsp water, 1 1/2 tbsp olive oil, salt and pepper. Stir to combine.



#### 4. COOK THE PITAS

Heat a frypan over medium-high heat with oil (see notes). Add a 1/2 cupful of pita mix to pan. Cook for 3-4 minutes until golden and edges are crispy. Flip and cook for a further 2 minutes. Remove to a plate and repeat with remaining mixture.



#### **5. PREPARE THE COMPONENTS**

Add harissa paste to a bowl and loosen with **2 tbsp water**. Set aside with rocket leaves.



#### 6. FINISH AND SERVE

Add falafels, vegetables, pitas, harissa dressing and rocket to a share plate, serve at the table.

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



