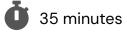






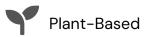
Mediterranean Lupin Falafel

This nourishing dinner features protein-rich lupin falafel burger patties, made locally by Coastal Crunch, golden roast potatoes, tender kale, and colourful veggies, all topped with a garlicky coconut yoghurt dressing.





2 servings



Switch it up!

You can use all these ingredients to make lupin falafel burgers! Cut capsicum into larger strips and leave burger patties whole, fill burger buns and serve with dressed kale as fresh a side dish.

TOTAL FAT CARBOHYDRATES

28g

29g

FROM YOUR BOX

MEDIUM POTATO	1
LUPIN BURGERS	2-pack
RED CAPSICUM	1
GARLIC CLOVE	1
LEMON	1
KALE LEAVES	3
SHALLOT	1
AVOCADO	1
LEBANESE CUCUMBER	1
COCONUT YOGHURT	120ml

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

KEY UTENSILS

2 oven trays

NOTES

Bulk it up by adding diced sweet potato or pumpkin to roast with the potatoes. Instead of dressing the kale make crispy kale! Add to the oven tray for the final 10 minutes or roasting.

For extra flavour, pickle the shallot in a mixture of sugar, salt, vinegar and water. Drain before serving.

Drizzle with tahini or pomegranate molasses before serving for a Middle Eastern twist, and top with toasted seeds or dukkah.



1. ROAST THE POTATOES

Set ove to 220°C.

Chop **potato** and toss on a lined oven tray with **oil**, **1/2 tsp smoked paprika**, **salt and pepper** (see notes). Roast for 20–25 minutes until golden.



2. BAKE THE BURGERS

Chop capsicum, toss on a second lined oven tray with oil, salt and pepper. Add lupin burgers and drizzle with oil. Bake for 20-25 minutes until capsicum is tender and burgers are golden and warmed through.



3. DRESS THE KALE

In a large bowl, whisk together 1/2 crushed garlic (reserve remaining), lemon zest and juice from 1/2 lemon (wedge remaining), 3 tbsp olive oil, salt and pepper. Roughly chop kale and add to bowl. Massage kale into the dressing for 1–2 minutes to tenderise the kale.



4. PREPARE TOPPINGS

Slice **shallot** (see notes) and **avocado**. Crescent **cucumber**. Set aside with **lemon wedges**.



5. MIX THE YOGHURT

Add yoghurt to a bowl with remaining crushed garlic, salt and pepper. Mix to combine.



6. FINISH AND SERVE

Cut lupin burgers.

Divide **kale** among shallow bowls. Add **burger pieces, capsicum** and **toppings**. Spoon in **yoghurt** (see notes).

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**



