



### Product Spotlight: Coastal Crunch

Coastal Crunch is created by Tim Corrick, a restaurant trained chef from Perth, WA. He's created a range of gluten free and high protein foods made in WA using WA grown Lupin.



## 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.



35 minutes



4 servings



Plant-Based

### 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.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 22g **CARBOHYDRATES** 33g

## FROM YOUR BOX

MEDIUM POTATOES	2
RED CAPSICUM	1
LUPIN BURGERS	6-pack
GARLIC CLOVES	2
LEMON	1
KALE BUNCH	1
SHALLOT	1
AVOCADO	1
LEBANESE CUCUMBERS	2
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 of 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 oven to 220°C.

Chop **potatoes** and toss on a lined oven tray with **oil**, **1 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 crushed garlic clove**, **lemon** zest and juice from **1/2 lemon** (wedge remaining), **1/4 cup 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 THE TOPPINGS

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



### 5. MIX THE YOGHURT

Add yoghurt to a bowl with **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).

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