DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Za'atar

Za'atar is a Middle Eastern blend of dried herbs, sesame seeds and sumac, a tangy red berry that tastes lemony without any lemon. Za'atar is also the Arabic name for a wild herb related to oregano and thyme!

Crispy Falafels

with Fattoush and Tzatziki

Crispy falafels on garlicky dill tzatziki made with coconut yoghurt, served with a fresh fattoush of cos lettuce, cucumber, cherry tomatoes, parsley and za'atar-spiced flatbread.

35 minutes Plant-Based 4/6 servings

Wrap it up!

Wrap the falafels, tzatziki and salad in flatbreads for a delicious meal on the go or picnic dinner!

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g/24g	11g	78g/91g

FROM YOUR BOX

	4 PERSON	6 PERSON
CARROT	1	1
FALAFEL MIX	1 packet	2 packets
LEBANESE FLATBREAD	5-pack	5-pack
ZA'ATAR SPICE	1 packet	2 packets
DILL	1 packet	2 packets
GARLIC CLOVE	1	2
LEBANESE CUCUMBERS	2	3
COCONUT YOGHURT	200ml	2 x 200ml
BABY COS LETTUCE	1	2
PARSLEY	1 packet	2 packets
CHERRY TOMATOES	2 x 200g	2 x 200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

No gluten option - Lebanese flatbread is replaced with GF focaccia. Set oven to 220°C. Place focaccia on oven rack and toast for 10 minutes until crunchy on the outside and warmed through on the inside. Dice and toss through salad.

Za'atar: sesame seeds, sumac, dried oregano, potato fibre, dried coriander, salt, canola oil, food acid



1. PREPARE THE FALAFELS

Set oven to 200°C.
Grate **carrot,** add to a large bowl with **falafel mix** and **170ml water**. Stir to combine. Set aside.

6P - add 2 x falafel mix packets and grated carrot to a large bowl along with 340ml water.



2. CRISP THE FLATBREADS

Tear **3 flatbreads** into rough pieces. Toss with **olive oil, 1 tsp za'atar and salt**. Spread on a lined oven tray and bake for 6-8 minutes, or until golden and crisp. Set aside to cool.

6P - tear all the flatbreads and toss with 1 1/2 tsp za'atar. Use 2 oven trays.



3. PREPARE THE TZATZIKI

Chop **dill fronds**, crush **garlic** and grate **1/2 cucumber.** Combine with **coconut yoghurt, 1 tbsp olive oil, 1 tbsp vinegar, salt and pepper**. Set aside in fridge until serving.

6P - use 1 grated cucumber, 2 tbsp olive oil and 2 tbsp vinegar.



4. COOK THE FALAFELS

Heat a frypan over medium-high heat with **oil**. Shape tablespoon-sized **falafel balls** using wet hands. Add to pan as you go and cook for 7-8 minutes turning, until crispy and cooked through.



5. TOSS THE SALAD

In a large salad bowl, whisk together **1 tbsp vinegar**, **2 tbsp olive oil**, **salt and pepper**. Rinse and chop **lettuce leaves, parsley** and **cucumbers.** Halve **tomatoes**. Crush and add toasted **flatbread**. Toss all together.

6P - use 1 1/2 tbsp vinegar and 3 tbsp olive oil for the dressing.



6. FINISH AND SERVE

Spread **tzatziki** on a large serving platter. Top with **salad** and **falafels**. Sprinkle with remaining **za'atar**.

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