



Product Spotlight: Baby Cos Lettuce


With an extremely low calorie content and high water volume, cos lettuce is a very nutritious food. It provides a good source of vitamin C, important for a healthy immune system, skin, bones, and teeth!



2 Falafel Wraps with Sautéed Vegetables

Spiced wraps served on a platter with sautéed vegetables, falafels and a mint yoghurt sauce.

 30 minutes

 2 servings

 Plant-Based

7 January 2022

Spice it up!

For added flavour you can cook your vegetables in your favourite tomato sugo, with tomato paste or 1 tsp Moroccan spice mix.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 17g | 40g | 38g |

FROM YOUR BOX

| | |
|---------------------|--------------|
| ONION BHAJI MIXTURE | 1 packet |
| TOMATO | 1 |
| GREEN CAPSICUM | 1 |
| FALAFELS | 1 packet |
| MINT | 1 bunch |
| COCONUT YOGHURT | 1 tub (125g) |
| BABY COS LETTUCE | 1 |

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cayenne pepper (see notes), dried oregano, white wine vinegar

KEY UTENSILS

2 frypans

NOTES

If you prefer your dish to be mild you could use paprika or smoked paprika instead of cayenne pepper.

You could add some more fresh or dried herbs such as dill or parsley to the sauce as well as crushed garlic, lemon zest and juice.



1. PREPARE THE WRAPS

Add onion bhaji mixture to a large bowl along with **1 1/4 cup water** to make wrap mixture. Whisk together to combine.



2. COOK THE WRAPS

Heat a frypan over medium-high heat with **oil**. Add 1/3 cupfuls wrap mixture, in batches, to pan. Cook for 2 minutes on one side, flip and cook for 1 minute on remaining side. Reserve pan for step 4.



3. COOK THE VEGETABLES

Meanwhile, heat a second frypan over medium-high heat with **oil**. Add **1/4 tsp cayenne pepper and 1 tsp oregano** to pan. Dice tomato, slice capsicum, add to pan as you go. Cook, stirring, for 1 minute. Add 1/4 cup water and cook, covered, for 6-8 minutes until vegetables are tender.



4. COOK THE FALAFELS

Reheat frypan over medium-high heat with **oil**. Add falafels and cook for 4-6 minutes, turning occasionally, or until warmed through.



5. PREPARE INGREDIENTS

Thinly slice mint leaves. Add 1/2 to a bowl along with coconut yoghurt, **1 tbs vinegar, salt and pepper**. Stir to combine. Slice lettuce and arrange on a platter with remaining mint leaves and sauce.



6. FINISH AND SERVE

Halve or quarter wraps. Arrange all ingredients on a platter and 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**

