

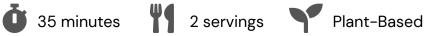
Product Spotlight: Alfalfa Sprouts

Alfalfa sprouts contain fibre, protein and plenty of B vitamins. They are a great addition to salads, sandwiches, soups and stir fries!

1 **Chickpea Pancakes**

with Falafel Bites

Savoury chickpea pancakes loaded with hummus, curried falafel bites and fresh salad toppings.







You can add lemon juice or some sumac to the hummus for extra flavour. Add some cumin seeds to the pancake mix to spice it up.

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (100g)
CHERRY TOMATOES	1/2 bag (100g) *
AVOCADO	1
CARROT	1
CORIANDER	1/2 packet *
ALFALFA SPROUTS	1/2 punnet *
HUMMUS	1 tub

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground turmeric, ground cumin

KEY UTENSILS

2 frypans

NOTES

Transfer the pancake mix to a pouring jug so it's easier to pour into the pan.



1. PREPARE PANCAKE MIX

Whisk together chickpea flour with 3/4 cup water, 1/2 tsp turmeric, 1/2 tsp cumin, salt and pepper. Set aside.



2. PREPARE THE TOPPINGS

Halve tomatoes and slice avocado. Ribbon or grate carrot. Roughly chop coriander. Set aside with alfalfa sprouts.



3. LOOSEN THE HUMMUS

Mix hummus with **1/4 cup water** and **1 tsp cumin**. Set aside.



4. COOK THE BITES

Heat a frypan over medium-high heat with **oil**. Add falafel bites and cook for 8-10 minutes, turning, until heated through.



5. COOK THE PANCAKES

Meanwhile, heat a second frypan over medium-high heat with **oil**. Pour in 1/2 of pancake mix (see notes). Leave to cook for 2-3 minutes until bubbles form. Flip and cook for a further 2-3 minutes until set. Remove and repeat with remaining batter.



6. FINISH AND PLATE

Divide pancakes among plates, spread over hummus and top with even amounts of salad and pumpkin bites.

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

