




Product Spotlight: Beetroot


Beets contain tryptophan (also found in chocolate), which contributes to a sense of well being.



3 Avocado and Falafel Bites with Flatbreads

Falafel bites served on chickpea flatbreads with baba ganoush, pickled beetroot and fresh vegetables.

 35 minutes

 2 servings

 Plant-Based

17 September 2021

Switch it up!

Instead of pickling the beetroot, roast it in the oven. Cut it into thin wedges, drizzle over oil and season with salt and pepper. Roast for 15-20 minutes until tender.

Per serve: **PROTEIN** 44g **TOTAL FAT** 57g **CARBOHYDRATES** 108g

FROM YOUR BOX

FLATBREAD MIX	1 packet (150g)
BEETROOT	1
AVOCADO	1
BABA GANOUSH	1 tub
BABY LEAVES + BEETS	1/2 bag (90g) *
SUPER SEED MIX	1/2 jar *
FALAFEL BITES	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, vinegar (of choice), sugar (or sweetener of choice)

KEY UTENSILS

large frypan, oven tray

NOTES

Your flatbread mix is made up of naturally gluten free chickpea flour.

When pickling, we recommend you use a non-metallic bowl as the vinegar can react and cause a metallic taste in your food.

You can pour the mixture to make one large flatbread if it's easier. Use a spatula to evenly smooth the mixture out.



1. PREPARE FLATBREADS

Set oven to 180°C.

Whisk together flatbread mix and **3/4 cup water**. Season with **salt** and set aside for 7-10 minutes.



2. PICKLE THE BEETROOT

In a bowl (see notes) whisk together **1/2 cup vinegar, 1 tbsp sugar, and 1 tsp salt**. Grate beetroot, add to bowl and stir occasionally. Let sit for 15 minutes to pickle, drain and squeeze excess liquid to serve.



3. BAKE THE FLATBREADS

Line an oven tray and drizzle with **oil**. Evenly divide flatbread mix to form 2 individual flatbreads (see notes). Sprinkle with **salt**. Bake for 20-25 minutes until crisp around the edges.



4. PREPARE FRESH TOPPING

Slice avocado. Set aside with baba ganoush, leaves and super seed mix.



5. COOK FALAFEL BITES

Heat a frypan over medium-high heat with **oil**. Add falafel bites and cook, turning, for 2-3 minutes.



6. FINISH AND SERVE

Arrange all components on a platter for everyone to build their own flatbread.

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**

