




Product Spotlight: Broccoli


Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.



3 Falafels with Warm Hummus & Broccoli Tabbouleh

A fresh broccoli tabbouleh salad with pops of sweetness from sultanas served alongside golden falafel balls and a creamy lemon hummus for dipping.

 30 minutes

 2 servings

 Plant-Based

31 August 2020

Mix it up!

If you're not a fan of raw broccoli you can roast the florets in the oven instead! Coat the florets with some smoked paprika or ground cumin for extra flavour! Add any fresh parsley or mint to the tabbouleh.

Per serve: **PROTEIN** 44g **TOTAL FAT** 50g **CARBOHYDRATES** 86g

FROM YOUR BOX

BROCCOLI	1
CHERRY TOMATO MEDLEY	1 bag (200g)
RED CAPSICUM	1
ALFALFA SPROUTS	1/2 punnet *
SESAME SEEDS	1/2 packet (20g) *
SULTANAS	1 packet (40g)
FALAFELS	1 packet
HUMMUS	1 tub
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar

KEY UTENSILS

frypan, saucepan

NOTES

Sprinkle hummus with smoked paprika for a little extra smokiness.



1. MAKE THE TABBOULEH

Finely chop broccoli, quarter tomatoes and dice capsicum. Toss in a bowl with alfalfa sprouts, sesame seeds and sultanas. Set aside.



2. PREPARE THE DRESSING

Whisk together **1 tbsp vinegar** and **2 tbsp olive oil**. Season with **salt and pepper** to taste. Toss with tabbouleh.



3. COOK THE FALAFELS

Heat a frypan over medium-high heat with oil. Cook falafels for 4-5 minutes each side or until warmed through. Set aside.



4. WARM THE HUMMUS

Combine hummus and **1/2 tbsp lemon juice** in a small saucepan over low-medium heat. Cook stirring for 3-4 minutes until warmed through. Season with **salt and pepper**.



5. FINISH AND PLATE

Spread even amounts of hummus over plates and drizzle with **olive oil** (see notes). Top with falafels and tabbouleh.

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**

