



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Green Apples


This humble little fruit is a good source of the polyphenol Quercetin, an antioxidant linked to lowered risk of cancer.



## 3 Broccoli Fritters with Crunchy Apple Salad

Veggie-packed fritters served with a delicious dip and fresh crunchy salad.

 30 minutes

 2 servings

 Plant-Based

7 January 2022

## Speed it up!

*If you are looking to speed up your prep time, you could use a food processor to cut your vegetables. Alternatively, if you don't feel like making fritters, roast the vegetables to make a salad.*

Per serve: **PROTEIN** 20g **TOTAL FAT** 22g **CARBOHYDRATES** 69g

## FROM YOUR BOX

|                    |                |
|--------------------|----------------|
| BROCCOLI           | 1              |
| CHICKPEA FLOUR MIX | 1 packet (80g) |
| GREEN APPLE        | 1              |
| WATERCRESS         | 1 sleeve       |
| DIP                | 1 tub          |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, cayenne pepper

## KEY UTENSILS

large frypan

## NOTES

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

The chickpea flour mixture contains chickpea flour and chia seeds.



### 1. PREPARE THE MIXTURE

Finely chop broccoli. Add to a large bowl along with chickpea flour mix, **1 tbsp cumin**, **1/4 tsp cayenne pepper** (see notes), **1 cup water**, **salt and pepper**. Mix well to combine.



### 2. COOK THE FRITTERS

Heat a frypan over medium-high heat with **oil**. Add 1/2 cupfuls of batter to pan. Cook for 3-4 minutes each side until golden brown. Remove to paper towel to drain.



### 3. PREPARE THE SALAD

In a large bowl whisk together **1 tbsp olive oil**, **salt and pepper**. Thinly slice apple. Add to bowl along with watercress. Toss to combine.



### 4. FINISH AND SERVE

Divide fritters among plates. Serve with dip and salad.

**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**

