




### Product Spotlight: Pine Nuts

Crunchy and buttery in texture, pine nuts are a good source of nutrients, essential minerals, vitamins and heart-friendly monounsaturated fats.



## 2 Jewelled Rice with Falafels

Nutty brown rice is cooked in rich spices and saffron with vegetables, pine nuts and cranberries served with falafel bites and beetroot dip.

 35 mins

 2 servings

 Plant-Based

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### Spice it up!

*If you have some extra time up your sleeves (and an oven-safe dish) you could bake the rice instead of cooking it on the stove top. Set your oven to 220°C, once you stir through the water, pop it in the oven for 45 minutes.*

Per serve: **PROTEIN** 23g **TOTAL FAT** 39g **CARBOHYDRATES** 86g

## FROM YOUR BOX

|                      |             |
|----------------------|-------------|
| BUTTERNUT PUMPKIN    | 1/2 *       |
| RED ONION            | 1/2 *       |
| ZUCCHINI             | 1           |
| SAFFRON THREADS      | 1 packet    |
| BROWN RICE           | 150g        |
| CRANBERRIES+PINENUTS | 1 packet    |
| FALAFELS             | 1 packet    |
| PARSLEY              | 1/2 bunch * |
| BEEETROOT DIP        | 1 tub       |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, 1 garlic clove, ground cumin, ground cardamom

## KEY UTENSILS

kettle, saucepan, oven tray

## NOTES

Instead of water, you could use your favourite vegetable stock to bake the rice in for a richer flavour.



### 1. PREPARE VEGETABLES

Set oven to 220°C.

Boil the kettle (see step 4).

Dice pumpkin and onion, grate zucchini.



### 2. COOK VEGETABLES

Heat a large saucepan over medium-high heat with **1 tbsp oil**. Add prepared vegetables with **crushed garlic clove**, **1/2 tbsp cumin**, **1/2 tsp cardamom**, and saffron threads, cook for 4-6 minutes



### 3. TOAST RICE

Add rice to saucepan to toast for 2-3 minutes.



### 4. COOK THE RICE

Add **2 cups water** from kettle (see notes), stir through cranberry and pine nut mix, season with **salt and pepper**. Simmer with lid on for 15 minutes, remove lid and simmer for a further 10 minutes.



### 5. BAKE FALAFELS

Place falafels on a lined oven tray. Toss with a little **oil** and bake for 8-12 minutes.

Roughly chop the parsley.



### 6. FINISH AND PLATE

Evenly divide the rice among shallow bowls, top with falafels, beetroot dip and parsley.

**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](mailto:hello@dinnertwist.com.au)

