

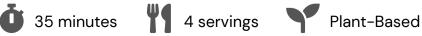
# **Product Spotlight: Alfalfa Sprouts**

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



# with Falafel Bites

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





Spice it up!

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 (200g)
TOMATOES	2
AVOCADO	1
CARROT	1
CORIANDER	1/2 packet *
ALFALFA SPROUTS	1 punnet
HUMMUS	1 tub
FALAFEL BITES	2 packets

\*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 1 1/2 cups water, 1/2 tsp turmeric, 1/2 tsp cumin, salt and pepper. Set aside.



## **2. PREPARE THE TOPPINGS**

Slice tomatoes and 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 a 1/4 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 falafel 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

