



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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!



## 1 Chickpea Pancakes with Falafel Bites

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

 35 minutes

 4 servings

 Plant-Based

18 January 2021

### 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.*

Per serve: **PROTEIN** 25g **TOTAL FAT** 38g **CARBOHYDRATES** 51g

## 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**

