



Product Spotlight: Beetroot


Healthy & delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. They also help reduce blood pressure, improve circulation and are great for eye health!



1 Falafel Red Rice Bowl With Baba Ganoosh

Fragrant red rice with lightly spiced falafels and roast vegetables finished with a dollop of baba ganoosh, lemon and mint.

 30 mins

 4 servings

 Plant-Based

29 March 2021

Spice it up!

You can add crushed garlic to the baba ganoosh or roast vegetables if you have some. Toasted flaked almonds or pine nuts also give the dish a nice touch!

Per serve: **PROTEIN** 17g **TOTAL FAT** 22g **CARBOHYDRATES** 96g

FROM YOUR BOX

RED RICE	300g
CARROTS	2
BEETROOTS	2
CHERRY TOMATOES	1 bag (200g)
FALAFELS	2 packets
BABA GANOOSH	1 tub
MINT	1/2 bunch *
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, sumac (see notes)

KEY UTENSILS

saucepan with lid, 2 oven trays

NOTES

If you don't have sumac you can substitute it with dried oregano or ground coriander.



1. COOK THE RICE

Set the oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Roughly chop carrots and beetroots. Toss on a lined oven tray with cherry tomatoes, **1 tsp sumac, oil, salt and pepper**. Roast in oven for 15–20 minutes or until cooked through.



3. BAKE THE FALAFELS

Place falafels on a second lined oven tray and drizzle with **oil**. Bake in oven for 10 minutes until warmed through.



4. PREPARE THE SAUCE

Loosen baba ganoosh with **3 tbsp water**. Season with **salt and pepper**.

Slice mint leaves and wedge lemon.



5. FINISH AND PLATE

Divide rice, vegetables and falafels among bowls. Dollop with baba ganoosh (to taste). Garnish with mint and serve with lemon wedges.

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**

