



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Kiwi Fruit

High in vitamin C and K as well as a good source of dietary fibre and vitamin E, these are little power capsules!



## 1 Falafel Bites with Kiwi Salsa Quinoa

A colour quinoa salad with kiwi fruit, tomato, cucumber and dill tossed with a lemon dressing and served with warm falafel bites.

 30 minutes

 4 servings

 Plant-Based

19 October 2020

## Mix it up!

*If you have young children to feed, try dicing the salsa into bite size pieces and keeping the ingredients separate. You can also create fun skewers with the fruit, veggies and falafels.*

Per serve: **PROTEIN** 21g **TOTAL FAT** 37g **CARBOHYDRATES** 72g

## FROM YOUR BOX

ORGANIC QUINOA	1 packet (200g)
FALAFEL BITES	2 packets
LEMON	1
KIWI FRUITS	2
TOMATOES	2
CONTINENTAL CUCUMBER	1/2 *
DILL	1 packet
CHIPOTLE MAYONNAISE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## KEY UTENSILS

frypan, saucepan

## NOTES

The falafels can also be cooked in the oven at 220°C for 15 minutes.



### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



### 2. COOK THE FALAFELS

Heat a frypan over medium heat with **oil**. Add falafels (in batches) and cook for 8–10 minutes, turning, until heated through (see notes).



### 3. PREPARE THE DRESSING

Whisk together 2 tsp lemon zest and 1 tbsp juice (wedge remaining) with **1 tbs olive oil, salt and pepper** in a large salad bowl.



### 4. PREPARE THE SALAD

Peel and dice kiwi fruits. Chop tomatoes and cucumber. Roughly chop dill. Add to bowl with dressing.



### 5. TOSS THE QUINOA

Add cooked quinoa to salad bowl and toss until well combined. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide quinoa salad and falafels among bowls. Serve with chipotle mayonnaise to taste and 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**

