




Product Spotlight: Cucumber


Cucumber can help you stay hydrated as it consists of 96% water! It helps you flush out toxins in your body and all that water in the cucumber acts as a natural 'broom', sweeping waste products out of your system.



2 Middle Eastern Share Plate

Delicious kale and zucchini fritter bites on a family style share plate with a crunchy sumac salad and creamy hummus.

 30 minutes

 4 servings

 Plant-Based

2 November 2020

Spice it up!

If you don't have sumac you can use lemon pepper, harissa or za'atar if you have some. Otherwise lemon zest and a pinch of ground paprika will also work. For a creamier dressing you can combine yoghurt with your favourite hot sauce or relish.

Per serve: **PROTEIN** 12g **TOTAL FAT** 31g **CARBOHYDRATES** 49g

FROM YOUR BOX

SHALLOT	1
GEM LETTUCE	3 pack
PARSLEY	1/4 bunch *
TOMATOES	2
CONTINENTAL CUCUMBER	1/2 *
RADISHES	1/2 bunch *
ZUCCHINI FRITTERS	2 packets
HUMMUS	2 tubs
LEMON	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking + olive oil), salt and pepper, sumac (optional), red wine vinegar

KEY UTENSILS

frypan

NOTES

See the "Spice it up!" tip on the front of this recipe for some substitutes for the sumac.

Stretch the dish out and serve this dish with some pita pockets or flatbread.



1. PICKLE THE SHALLOT

Whisk together **1 tsp sumac**, **1 1/2 tbsp red wine vinegar** and **3 tbsp olive oil** (see notes). Season with **salt and pepper**. Thinly slice shallot and add to dressing. Set aside.



2. PREPARE THE SALAD

Chop gem lettuce and parsley. Dice tomatoes. Slice cucumber and radishes. Toss together and set aside.



3. COOK THE FRITTERS

Heat a frypan over medium-high heat with **oil**. Cook fritters for 2-3 minutes each side or until heated through.



4. PREPARE THE SIDES

Remove hummus to a serving bowl. Drizzle with **olive oil** and sprinkle with **sumac**. Wedge lemon.



5. FINISH AND PLATE

Toss pickled shallot and dressing with salad. Serve at the table with fritters, hummus 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**

