




Product Spotlight: Pine Nuts


Crunchy and buttery in texture, pine nuts are a good source of nutrients, essential minerals, vitamins and heart-friendly monounsaturated fats.



2 Jewelled Rice with Falafels

Nutty brown rice is cooked in rich spices and saffron with vegetables, pine nuts and cranberries served with falafel bites and beetroot dip.

 35 mins

 4 servings

 Plant-Based

23 April 2021

Spice it up!

If you have some extra time up your sleeves (and an oven-safe dish) you could bake the rice instead of cooking it on the stove top. Set your oven to 220°C, once you stir through the water, pop it in the oven for 45 minutes.

Per serve: **PROTEIN** 19g **TOTAL FAT** 34g **CARBOHYDRATES** 58g

FROM YOUR BOX

RED ONION	1/2 *
ZUCCHINIS	2
CARROT	1
SAFFRON THREADS	1 packet
BROWN RICE	300g
CRANBERRIES+PINENUTS	1 packet
FALAFELS	2 packets
PARSLEY	1/2 bunch *
BETROOT DIP	1 tub

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, (1) garlic clove, ground cumin, ground cardamom

KEY UTENSILS

kettle, saucepan, oven tray

NOTES

Instead of water, you could use your favourite vegetable stock to bake the rice in for a richer flavour.



1. PREPARE VEGETABLES

Set oven to 220°C.

Boil the kettle (see step 4).

Dice onion, grate zucchinis and carrot.



2. COOK VEGETABLES

Heat a large saucepan over medium-high heat with **2 tbsp oil**. Add prepared vegetables with **crushed garlic clove**, **1 tbsp cumin**, **1/2 tsp cardamom**, and saffron threads, cook for 4-6 minutes.



3. TOAST RICE

Add rice to saucepan to toast for 2-3 minutes.



4. COOK THE RICE

Add **2 1/2 cups water** from kettle (see notes), stir through cranberry and pine nut mix, season with **salt and pepper**. Simmer with lid on for 15 minutes, remove lid and simmer for a further 10 minutes.



5. BAKE FALAFELS

Place falafels on a lined oven tray. Toss with a little **oil** and bake for 8-12 minutes.

Roughly chop the parsley.



6. FINISH AND PLATE

Evenly divide the rice among shallow bowls, top with falafels, beetroot dip and parsley.

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

