




### Product Spotlight: Beetroot


Beets contain tryptophan (also found in chocolate), which contributes to a sense of well being.



## 3 Avocado and Falafel Bites with Flatbreads

Falafel bites served on chickpea flatbreads with baba ganoush, pickled beetroot and fresh vegetables.

 35 minutes

 4 servings

 Plant-Based

17 September 2021

## Switch it up!

*Instead of pickling the beetroot, roast it in the oven. Cut it into thin wedges, drizzle over oil and season with salt and pepper. Roast for 15-20 minutes until tender.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 52g **CARBOHYDRATES** 91g

## FROM YOUR BOX

FLATBREAD MIX	1 packet (300g)
BEETROOT	1
AVOCADOS	2
BABA GANOUSH	2 tubs
BABY LEAVES + BEETS	1 bag (180g)
SUPER SEED MIX	1/2 jar *
FALAFEL BITES	2 packets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, vinegar (of choice), sugar (or sweetener of choice)

## KEY UTENSILS

large frypan, 2 oven trays

## NOTES

Your flatbread mix is made up of naturally gluten free chickpea flour.

When pickling, we recommend you use a non-metallic bowl as the vinegar can react and cause a metallic taste in your food.

You can pour the mixture to make one large flatbread if it's easier. Use a spatula to evenly smooth the mixture out.



### 1. PREPARE FLATBREADS

Set oven to 180°C.

Whisk together flatbread mix and **1 1/2 cups water**. Season with **salt** and set aside for 7-10 minutes.



### 2. PICKLE THE BEETROOT

In a bowl (see notes) whisk together **1/2 cup vinegar, 1 tbsp sugar, and 1 tsp salt**. Grate beetroot, add to bowl and stir occasionally. Let sit for 15 minutes to pickle, drain and squeeze excess liquid to serve.



### 3. BAKE THE FLATBREADS

Line 2 oven trays and drizzle with **oil**. Evenly divide flatbread mix to form 4 individual flatbreads (see notes). Sprinkle with **salt**. Bake for 20-25 minutes until crisp around the edges.



### 4. PREPARE FRESH TOPPING

Slice avocados. Set aside with baba ganoush, leaves and super seed mix.



### 5. COOK FALAFEL BITES

Heat a frypan over medium-high heat with **oil**. Add falafel bites and cook, turning, for 2-3 minutes.



### 6. FINISH AND SERVE

Arrange all components on a platter for everyone to build their own flatbread.

**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**

