



### Product Spotlight: Broccoli

Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.



## 3 Falafels with Warm Hummus & Broccoli Tabbouleh

A fresh broccoli tabbouleh salad with pops of sweetness from sultanas served alongside golden falafel balls and a creamy lemon hummus for dipping.

 30 minutes

 4 servings

 Plant-Based

31 August 2020

### Mix it up!

*If you're not a fan of raw broccoli you can roast the florets in the oven instead! Coat the florets with some smoked paprika or ground cumin for extra flavour! Add any fresh parsley or mint to the tabbouleh.*

Per serve: **PROTEIN** 39g **TOTAL FAT** 43g **CARBOHYDRATES** 71g

## FROM YOUR BOX

BROCCOLI	1
CHERRY TOMATO MEDLEY	1 bag (400g)
RED CAPSICUM	1
ALFALFA SPROUTS	1/2 punnet *
SESAME SEEDS	1/2 packet (20g) *
KALAMATA OLIVES	1 tub
SULTANAS	1 packet (40g)
FALAFEL MIX	2 packets
HUMMUS	2 tubs
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, white wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you have any spare lemons you can use lemon juice for the dressing instead of vinegar.

Use wet or oiled hands to shape the falafels to prevent the mixture from sticking.

Sprinkle hummus with smoked paprika for a little extra smokiness.



### 1. MAKE THE TABBOULEH

Finely chop broccoli, quarter tomatoes and dice capsicum. Toss in a bowl with alfalfa sprouts, sesame seeds, olives and sultanas. Set aside.



### 2. PREPARE THE DRESSING

Whisk together **1 tbsp vinegar** and **2 tbsp olive oil** (see notes). Season with **salt and pepper** to taste. Toss with tabbouleh.



### 3. PREPARE FALAFEL MIX

Combine both falafel mixes with **400ml water**. Set aside for 5 minutes and stir again.



### 4. COOK THE FALAFELS

Heat a frypan over medium-high heat and cover the base with **oil**. Shape falafels into even size balls and place into pan (see notes). Cook in batches for 6-8 minutes, turning, or until cooked through. Remove to drain on paper towel.



### 5. WARM THE HUMMUS

Meanwhile, combine hummus and lemon juice in a small saucepan over low-medium heat. Cook stirring for 3-4 minutes until warmed through. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Spread even amounts of hummus over plates and drizzle with **olive oil** (see notes). Top with falafels and tabbouleh.

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