



Product Spotlight: Spinach

Baby spinach is regular spinach that has been harvested earlier. It is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



4 Falafels with Charred Veggies & Lemon Dip

Beautifully charred Mediterranean veggies with oregano and balsamic vinegar, served alongside warm falafels – crispy on the outside and fluffy on the inside!



30 minutes



4 servings



Plant-Based

21 December 2020

Spice it up!

Stir some tahini or any leftover sumac you may have through the lemon dip for added flavour! Transform the veggies into veggie skewers for the BBQ.

Per serve: **PROTEIN** 12g **TOTAL FAT** 14g **CARBOHYDRATES** 42g

FROM YOUR BOX

EGGPLANT	1
ZUCCHINI	1
RED CAPSICUM	1
RED ONION	1/2 *
GARLIC	1/2 clove *
LEMON	1/2 *
COCONUT YOGHURT	1/2 tub *
FALAFELS	2 packets
BABY SPINACH	1/2 bag (100g) *
OREGANO	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cinnamon, balsamic vinegar, chilli flakes (optional)

KEY UTENSILS

large frypan, griddle pan or frypan

NOTES

You can cook the veggies on a BBQ or in the oven if preferred.



1. PREPARE THE VEGGIES

Slice eggplant, zucchini and capsicum, wedge onion. Toss with **1 tsp cinnamon**, **1 tbsp balsamic vinegar**, **oil**, **salt and pepper**.



2. COOK THE VEGGIES

Heat a griddle pan over high heat. Cook veggies in batches for 3–4 minutes each side until charred and cooked through. Remove to a serving plate.



3. PREPARE THE LEMON DIP

Combine 1/2 crushed garlic clove with lemon juice, coconut yoghurt and **1/4 tsp chilli flakes**. Season with **salt and pepper**.



4. COOK THE FALAFELS

Heat a frypan over medium–high heat with **oil**. Cook falafels for 6–8 minutes, turning, until warmed through.



5. FINISH AND PLATE

Toss veggies with baby spinach. Garnish with oregano leaves. Serve with falafels and lemon dip.

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**

