




### Product Spotlight: Snow Pea Sprouts

Sprouts have many of the great benefits found in seeds but are even healthier because of the sprouting process which brings out enzymes. They also carry more protein, vitamins and minerals than unsprouted seeds.



## 4 Loaded Chickpea Pancakes

Savoury chickpea pancakes filled with spiced potato, garnished with fresh sprouts and served with tomato chutney.

 40 minutes

 4 servings

 Plant-Based

12 October 2020

### Spice it up!

Switch up the flavours with some cumin seeds, curry powder or garam masala. Or if you prefer to not have spiced veggies add some fresh rosemary or dried herb of choice.

Per serve: **PROTEIN** 22g **TOTAL FAT** 15g **CARBOHYDRATES** 73g

## FROM YOUR BOX

|                  |                 |
|------------------|-----------------|
| SPRING ONIONS    | 1/2 bunch *     |
| BROCCOLI         | 1               |
| MEDIUM POTATOES  | 3               |
| TOMATOES         | 2               |
| GREEN CHILLI     | 1               |
| SNOW PEA SPROUTS | 1/2 punnet *    |
| LEMON            | 1/2 *           |
| CHICKPEA FLOUR   | 1 packet (200g) |
| TOMATO CHUTNEY   | 3/4 jar *       |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, sesame oil, ground cumin, black mustard seeds, salt and pepper

## KEY UTENSILS

2 frypans

## NOTES

Add more oil to the vegetables as they sauté if the spice starts to burn in the pan.

It's important to use a non-stick frypan to cook these pancakes, otherwise add extra oil as needed.



### 1. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **sesame oil**. Slice spring onions. Cut broccoli into small florets and dice potatoes (2cm). Add to pan as you go.



### 2. ADD SPICES AND SAUTÉ

Stir in **1 tsp mustard seeds** and **1 tbsp cumin**. Increase heat to medium-high. Cook, stirring occasionally, for 10-15 minutes until tender (see notes). Season with **salt and pepper**.



### 3. PREPARE THE GARNISHES

Meanwhile, slice tomatoes, chilli and halve sprouts. Wedge lemon. Set aside.



### 4. PREPARE PANCAKE MIX

Whisk together chickpea flour, **2 tsp cumin**, **2 cups water**, **salt and pepper** until smooth.



### 5. COOK THE PANCAKES

Heat a frypan over medium-high heat with **oil** (see notes). Ladle in 1 cup full pancake mix to pan and cook for 2-3 minutes. Use a spatula to flip and cook for a further 2 minutes. Repeat with remaining mixture.



### 6. FINISH AND PLATE

Divide pancakes between plates and spread with tomato chutney (to taste). Add potato mix on one half of each pancake and fold over to close. Top with garnishes and serve with lemon wedge.

**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](mailto:hello@dinnertwist.com.au)

