



### Product Spotlight: Black Rice

Black rice is a good source of several nutrients, particularly protein, fibre and iron. It is also rich in antioxidants, making it a great addition to any diet.



## Black Rice & Nectarine Salad with Falafels

Beautiful in-season nectarines tossed through black rice with radish and a maple vinaigrette and served with pan-fried falafels.



30 minutes



4 servings



Plant-Based

### Herb it up!

*If you have fresh herbs on hand, you could chop and stir them through the salad when serving. Mint, coriander, parsley or dill would work beautifully in this dish.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	15g	47g	87g

## FROM YOUR BOX

BLACK RICE	300g
FALAFELS	1 packet
CHIVES	1 bunch
GARLIC	1 clove
NECTARINES	2
AVOCADO	1
GREEN CAPSICUM	1
RADISHES	1 bunch

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), maple syrup

## KEY UTENSILS

frypan, saucepan

## NOTES

The falafels can also be cooked in a moderate oven or on the barbecue.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



### 2. COOK THE FALAFELS

Heat a frypan over medium-high heat with **oil**. Add falafels and cook for 3–4 minutes each side or until heated through (see notes).



### 3. MAKE THE DRESSING

Thinly slice half the chives and crush garlic. Whisk together in a bowl with **4 tbsp olive oil, 2 tbsp vinegar, 2 tsp maple syrup, salt and pepper**.



### 4. MAKE THE SALAD

Dice nectarines, avocado and capsicum. Trim and slice radishes (use to taste). Add to a bowl with rice and half the dressing. Toss together and season with **salt and pepper**



### 5. FINISH AND SERVE

Slice remaining chives.

Divide salad among plates or bowls. Add falafels and extra dressing on the side, sprinkle over chives.



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