



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

Don't throw out leftover parsley stems! They can be frozen and used to flavour stocks, soups or blended into sauces. We love blending the stems with some yoghurt and garlic to make a yummy dressing.



Smashed Falafel Wraps with Sweet Potato Wedges

Crispy pan-fried falafel wraps layered with tomato, cucumber, fresh parsley, and creamy tahini and lemon harvest dressing, served alongside golden roasted sweet potato wedges for a fun, family-style dinner.



40 minutes



Vegetarian



4/6 servings

Spice it up!

Add a sprinkle of sumac or smoked paprika to the wedges for extra flavour. Before cooking, drizzle olive oil over falafels and sprinkle with sesame seeds. Serve wraps with chilli oil for a kick of heat!

Per serve :	PROTEIN 21g/24g	TOTAL FAT 21g	CARBOHYDRATES 114g/112g
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FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
FALAFEL MIX	1 packet	2 packets
SHALLOT	1	2
TOMATOES	2	3
LEBANESE CUCUMBERS	2	3
PARSLEY	1 packet	2 packets
LEBANESE FLATBREADS	5-pack	2x 5-pack
HARVEST DRESSING	2x 100ml	3x 100ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander

KEY UTENSILS

large frypan, oven tray

NOTES

Pickle sliced shallot in a mixture of vinegar, water, salt and sugar. Set aside and drain before serving.

To speed up the cooking time, cook multiple wraps at once on a BBQ hotplate or use two frypans. Use a spatula to press the wraps into the pan to further flatten the falafel.

No gluten option – Lebanese flatbreads are replaced with GF flatbreads.



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1. ROAST THE WEDGES

Set oven to 220°C.

Wedge **potatoes** and add to a lined oven tray. Toss with **oil**, **2 tsp coriander**, **salt** and **pepper**. Roast for 25–30 minutes or until tender and golden.

6P – use **3 tsp coriander**.



4. PREPARE THE WRAPS

Use **oiled hands** to form **falafel mix** into 5 even-sized patties. Use the back of a spoon to press each patty flat onto one side of the **flatbread**.

6P – make **8–10 falafel wraps**.



2. MIX THE FALAFELS

Add **falafel mix** to a large bowl along with **3/4 cup water**. Stir to combine and leave to sit.

6P – add **1 1/2 cups water** to falafel mix.



5. COOK THE WRAPS

Heat a frypan (see notes) over medium-high heat with **oil**. Place **wrap**, **falafel-side** down into pan to cook for 3 minutes. Remove to a plate and repeat with remaining prepared **wraps**.



3. PREPARE THE FILLINGS

Slice **shallot** (see notes), cut thin wedges of **tomato**, crescent **cucumber** and roughly chop **parsley leaves**.



6. FINISH AND SERVE

Divide **wedges** and **wraps** among plates. Top wraps with **fillings** and drizzle over **harvest dressing**. Roll up to make wraps.

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