



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Radishes


Pretty and delicious! Store covered in the fridge. If they soften, trim and place in a bowl of water in the fridge overnight. The strength can vary greatly, if too strong – slice and place in water for 15 minutes prior to eating!



## 2 Roast Veggie & Falafel Salad

A colourful bowl of spinach, roast radishes, apple and falafels finished with a creamy lemon and tahini dressing.

 30 minutes

 2 servings

 Plant-Based

20 July 2020

### Spice it up!

*Roast the vegetables with some cumin seeds or ground turmeric for added depth of flavour. The radishes are also nice when roasted with maple syrup! Sprinkle over some toasted nuts or sesame seeds at the end.*

Per serve: **PROTEIN** 22g **TOTAL FAT** 28g **CARBOHYDRATES** 41g

## FROM YOUR BOX

RADISHES	1/2 bunch *
RED APPLE	1
PARSNIPS	2
FALAFELS	1 packet
TAHINI	1/4 cup *
LEMON	1/2 *
PARSLEY	1/2 bunch *
SNOW PEAS	1/2 bag (75g) *
TOMATO	1
BABY SPINACH	1 bag (60g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground coriander, garlic (1/2 clove)

## KEY UTENSILS

2 oven trays

## NOTES

If you prefer the dressing to be runnier you can whisk in more water. Add some white wine or apple cider vinegar if you prefer a punchier dressing.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and halve radishes. Dice apple and parsnips. Toss on a lined oven tray with **1/2 tsp ground coriander, oil, salt and pepper**. Roast in oven for 25 minutes until cooked through.



### 2. BAKE THE FALAFELS

Coat falafels with **oil**. Place on a second lined oven tray. Roast in oven for 10-15 minutes or until warmed through.

### 3. PREPARE THE DRESSING

Whisk together 1/4 cup tahini, lemon juice, **1/4 cup water** and **1/2 crushed garlic clove**. Season with **salt and pepper**.



### 4. PREPARE FRESH SALAD

Chop parsley, trim and slice snow peas. Dice tomato. Set aside with spinach.



### 5. FINISH AND PLATE

Arrange even amounts of vegetables and falafels in bowls. Drizzle with tahini dressing to taste.

**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**

