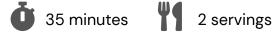




Chickpea Pancakes

with Cumin Beef

Savoury chickpea pancakes loaded with hummus, spiced cumin beef mince and fresh salad toppings.







Spice it up!

You can switch out the ground cumin in the beef for curry powder or garam masala. If you prefer a less spiced flavour on your beef you can use sumac!

PROTEIN TOTAL FAT CARBOHYDRATES

56g 60g 48g

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (100g)
CHERRY TOMATOES	1/2 bag (100g) *
AVOCADO	1
CARROT	1
CORIANDER	1/2 packet *
ALFALFA SPROUTS	1/2 punnet *
SHALLOT	1
BEEF MINCE	300g
HUMMUS	1 tub

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground turmeric, ground cumin

KEY UTENSILS

2 frypans

NOTES

Transfer the pancake mix to a pouring jug so it's easier to pour into the pan.

No beef option - beef mince is replaced with chicken mince.



1. PREPARE PANCAKE MIX

Whisk together chickpea flour with 3/4 cup water, 1/2 tsp turmeric, salt and pepper. Set aside.



2. PREPARE THE FILLINGS

Halve tomatoes and slice avocado. Ribbon or grate carrot. Roughly chop coriander. Set aside with alfalfa sprouts.



3. SAUTÉ THE SHALLOT

Dice shallot. Heat a frypan over medium heat with **oil**. Add shallot and cook for 2–3 minutes until softened.



4. COOK THE BEEF

Add beef to pan along with 1/2 tbsp cumin. Cook for 6-8 minutes until cooked through. Season with salt and pepper.



5. COOK THE PANCAKES

Meanwhile, heat a second frypan over medium-high heat with oil. Pour in a 1/2 of pancake mix (see notes). Leave to cook for 2-3 minutes until bubbles form. Flip and cook for a further 2-3 minutes until set. Remove and repeat with remaining batter.



6. FINISH AND PLATE

Divide pancakes among plates, spread over hummus and top with even amounts of salad and beef.

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



