**Product Spotlight:
Alfalfa Sprouts**

Alfalfa sprouts contain fibre, protein and plenty of B vitamins. They are a great addition to salads, sandwiches, soups and stir fries!

## 4  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!*

⏱ 35 minutes      🍴 2 servings      🥩 Beef

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| Per serve: | 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**