



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.

 35 minutes

 4 servings

 Beef

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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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	35g	36g

FROM YOUR BOX

CHICKPEA FLOUR	1 packet (200g)
TOMATOES	2
AVOCADO	1
CARROT	1
CORIANDER	1/2 packet *
ALFALFA SPROUTS	1 punnet
BROWN ONION	1
BEEF MINCE	600g
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 **1 1/2 cups water, 1 tsp turmeric, salt and pepper**. Set aside.



2. PREPARE THE FILLINGS

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



3. SAUTÉ THE ONION

Dice onion. Heat a frypan over medium heat with **oil**. Add onion and cook for 5 minutes until softened.



4. COOK THE BEEF

Add beef to pan along with **1 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 1/4 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**

