

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Purple Carrots


Purple carrots contain all the nutrients of orange carrots, but they've also been shown to have greater anti-inflammatory and anti-oxidative effects!



2 Pumpkin Falafel Bites with Rainbow Rice

Mix of black, brown and red rice served as a Buddha bowl with falafels and a fresh carrot & mint salad. Drizzled with a tomato-yoghurt dressing to serve.

 25 minutes

 4 servings

 Vegetarian

30 July 2021

Warm it up

Cut carrots into bite sized pieces and roast on the tray with falafels if you like! Add some cumin seeds for extra flavour. Dice cucumber and toss with chopped mint for a fresh salad. Serve in bowls as per recipe instructions.

FROM YOUR BOX

MIXED RICE	1 tub (300g)
CURRANTS	1 packet (40g)
NATURAL YOGHURT	1/2 tub (100g) *
TOMATO CHUTNEY	1 jar
PUMPKIN BITES	1 packet
CARROTS	2
PURPLE CARROT	1
LEBANESE CUCUMBER	1
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY


olive oil, salt, pepper, red or white wine vinegar

KEY UTENSILS

kettle, saucepan, oven tray

NOTES

Roast the carrots if you desire (see notes on front page).

 **VEG OPTION** - This dish is vegetarian, no further instructions for the vegetarian option.



1. COOK THE RAINBOW RICE

Set oven to 220°C and boil the kettle.

Place rice and currants in a saucepan and cover with hot water from the kettle. Simmer for 15–20 minutes or until tender. Drain and rinse.



2. MAKE THE SAUCE

Combine yoghurt (1/2 tub) with 1/2 jar tomato chutney. Set aside.



3. ROAST THE PUMPKIN BITES

Spread pumpkin bites on a lined oven tray. Warm in the oven for 10–12 minutes.



4. PREPARE THE SALAD

In the meantime, ribbon or julienne carrots and cucumber. Chop mint leaves. Toss with **1 tbsp olive oil, 1 tbsp vinegar, salt and pepper.**



5. FINISH AND SERVE

Toss cooked (and rinsed) rice with 1–2 tbsp tomato chutney (optional).

Serve rice in bowls with falafels and salad. Drizzle with sauce to taste and add more tomato chutney if desired!

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**

