



### Product Spotlight: The Gluten Free Lab


Perth-based, The Gluten Free Lab prides itself on being 100% CERTIFIED Gluten-Free, catering for all lovers of Italian cuisine. You can find some of their great products on our Marketplace.



## Falafel Mezze Platter with Baba Ganoosh

A Mediterranean-inspired mezze platter served with falafels, roasted vegetables, baba ganoosh dip, fresh vegetables and flatbreads from The Gluten Free Lab.

 30 minutes

 2 servings

 Vegetarian

17 March 2023

## Bulk it up!

*Falafels are a great way to use up extra veggies in the fridge. Grate in sweet potato or carrots, or finely slice left over herbs such as mint, parsley or coriander and add them to the batter.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 36g **CARBOHYDRATES** 69g

## FROM YOUR BOX

CARROTS	2
PURPLE CARROTS	2
FALAFEL MIX	1 packet
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1 bag (60g)
BABA GANOOSH	1 tub
FLATBREAD	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, dried thyme

## KEY UTENSILS

large frypan, oven tray

## NOTES

Make the falafels to your desired size. They can be made smaller if you want more falafels or bigger if you want to cut down the time it takes to roll them.



### 1. ROAST THE CARROTS

Set oven to 220°C.

Quarter all carrots. Toss on a lined oven tray with **oil, 2 tsp cumin, salt and pepper**. Roast for 20–25 minutes until tender.



### 2. MAKE THE FALAFELS

Add falafel mix to a large bowl along with **3/4 cup water**. Stir to combine.



### 3. PREPARE THE INGREDIENTS

Slice cucumber. Arrange on a platter with mesclun leaves and baba ganoosh dip.



### 4. COOK THE FALAFELS

Heat a frypan over medium–high heat with **oil**. Use **oiled** hands to roll falafel mix into 1 tbsp sized balls (see notes). Add to pan and cook for 1–2 minutes each side until golden brown. Remove to platter.



### 5. TOAST THE FLATBREAD

Meanwhile, halve flatbread and rub with **olive oil** and **2 tsp thyme**. Toast using your preferred method. Cut into desired shapes.



### 6. FINISH AND SERVE

Add flatbread to platter with all elements. Serve tableside.

**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**

