



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

 4 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** 15g **TOTAL FAT** 18g **CARBOHYDRATES** 41g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
RADISHES	1 bunch
ZUCCHINI	1
FALAFEL MIX	1 packet
LEBANESE CUCUMBERS	2
MESCLUN LEAVES	1 bag (120g)
BABA GANOOSH	1 tub
FLATBREAD	2 packets

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, oven tray

NOTES

Keep the radishes fresh if preferred.

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 VEGETABLES

Set oven to 220°C.

Trim dutch carrots and halve any larger ones. Trim and halve radishes (see notes). Toss on a lined oven tray with **oil, 1 tbsp cumin, salt and pepper**. Roast for 20–25 minutes until tender.



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.



2. MAKE THE FALAFELS

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



5. TOAST THE FLATBREADS

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



3. PREPARE THE INGREDIENTS

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



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**

