




Product Spotlight: Grapes


Grapes are a good source of vitamin C and with a water content of around 80% it makes them great for maintaining hydration. Great both fresh and frozen as snacks!



12 Falafels with Summer Salad

So many of the great tastes of summer on one plate. Avocado, grapes, cucumber, mint and lettuce with falafels, crunchy nut mix and a light dressing.

 20 minutes

 2 servings

 Plant-Based

4 February 2022

Bulk it up!

Wedge some potatoes or sweet potatoes and roast to serve on the side if you need to feed extras.

Per serve: **PROTEIN** 14g **TOTAL FAT** 41g **CARBOHYDRATES** 48g

FROM YOUR BOX

SEED/NUT MIX	1 packet (40g)
LETTUCE	1 packet
RED GRAPES	1 bag (100g)
AVOCADO	1
LEBANESE CUCUMBER	1
GREEN CAPSICUM	1
MINT	1 bunch
FALAFELS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar (or other), mustard (dijon or seeded), maple syrup

KEY UTENSILS

large frypan

NOTES

You can chop some of the mint and add to the dressing.

The seed mix contains pecans, pepitas and sunflower seeds.



1. FRY THE SEED/NUT MIX

Heat a frypan over medium-high heat. Add seed/nut mix and toast for 1-2 minutes along with **2 tsp maple syrup and salt** to taste. Fry until golden, remove to a plate. Keep frypan.



2. PREPARE THE SALAD

Wedge lettuce. Halve grapes and slice avocado, cucumber and capsicum. Pick mint leaves, use to taste (see notes). Keep separate.



3. COOK THE FALAFELS

Re-heat frypan over medium-high heat with **oil**. Add falafels and cook for 2-3 minutes each side or until golden and cooked through.



4. MAKE THE DRESSING

In a small bowl whisk together **2 tbsp vinegar, 3 tbsp olive oil, 1 tsp mustard, 1 tsp maple syrup, salt and pepper**.



5. FINISH AND SERVE

Arrange salad and falafels on a plate. Sprinkle with nut mix and dress to taste.

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

