



Product Spotlight: Eggplant

Loved for its creamy texture after cooking, eggplant is commonly known as a vegetable, but it is a member of the berry family!



Falafel Patties

with Grilled Vegetables and Tahini

A vibrant meal featuring locally made lupin falafel patties, served alongside a grilled vegetable salad of eggplant, zucchini, cherry tomatoes and mesclun. Drizzled with a creamy tahini dressing and finished with a squeeze of lemon.



30 minutes



Plant-Based



2 servings

Bulk it up!

You can add a grain, chickpeas or cannellini beans to the salad for extra bulk. Grilled capsicum or roast sweet potato also work well!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	20g	44g

FROM YOUR BOX

GOURMET EGGPLANTS	2
ZUCCHINI	1
SHALLOT	1
LEMON	1
LUPIN FALAFEL PATTIES	2-pack
TAHINI	50g
CHERRY TOMATOES	200g
MESCLUN LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

BBQ hot plate or griddle pan

NOTES

Swap dried oregano for sumac, za'atar, or fresh rosemary for a different flavour profile. Cook the vegetables in batches if needed.

Thin the dressing out with more water if preferred.



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1. GRILL THE VEGETABLES

Slice **eggplants**, **zucchini** and **shallot** in similar size pieces. Toss with **lemon zest**, **2 tsp dried oregano**, **oil**, **salt and pepper**. Cook for 2-3 minutes each side on BBQ hotplate over medium-high heat (see notes). Remove to a large salad bowl.



4. TOSS THE SALAD

Halve **tomatoes**. Toss together with grilled **vegetables** and **mesclun leaves**.



2. COOK THE FALAFELS

Coat **falafels patties** in **oil**. Add to BBQ hotplate and cook for 2-4 minutes each side until crispy and warmed through.



5. FINISH AND SERVE

Serve **grilled vegetable salad** with **falafels**, a drizzle of **tahini dressing**, and **lemon wedges** on the side.



3. PREPARE THE DRESSING

Whisk together **1/2 lemon juice** (wedge remaining) with **tahini**, **2 tbsp water** until smooth. Season with **salt and pepper** (see notes).

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