



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mint


The health benefits of mint have been known to include improved digestion, relief from nausea, fatigue, and headaches. It is also often used in skin care.



3 Harissa Vegetable Stew with Falafel Bites

Falafel bites served with a vegetable stew, spiced with a fragrant harissa paste, and coconut yoghurt topping.

 30 minutes

 2 servings

 Plant-Based

19 November 2021

Leftovers!

If you want to get some leftovers for lunch the next day, cook up some rice or cous cous, or serve with Turkish bread.

Per serve: **PROTEIN** 20g **TOTAL FAT** 36g **CARBOHYDRATES** 51g

FROM YOUR BOX

BROWN ONION	1/2 *
RED CAPSICUM	1/2 *
BROCCOLI	1/2 *
GREEN BEANS	1/2 bag (75g) *
HARISSA PASTE	1 sachet
COCONUT YOGHURT	1/2 tub *
MINT	1/2 bunch *
FALAFEL BITES	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar of choice (see notes), 1 garlic clove, ground coriander

KEY UTENSILS

2 frypans

NOTES

We used white wine vinegar, but you could use white vinegar or apple cider vinegar if you have it on hand.

Harissa paste does have some heat to it. Use sparingly if you prefer milder spice.



1. PREPARE VEGETABLES

Crush **garlic clove**. Slice onion and capsicum. Roughly chop broccoli. Trim and slice green beans.



2. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Add onion, garlic and harissa paste and cook for 1 minute. Add remaining vegetables and cook for a further 4 minutes.



3. SIMMER THE STEW

Add **1 cup water** to pan and cook, semi-covered, for 10-12 minutes until vegetables are tender. Season with **salt and pepper**.



4. PREPARE THE TOPPINGS

Mix the yoghurt with **2 tsp coriander**, **2 tsp vinegar**, **1 tbsp water**, **salt and pepper**. Roughly chop mint leaves.



5. COOK THE FALAFELS

Heat a small frypan over medium-high heat with **oil**. Add falafels and cook, turning, for 2-3 minutes or until warmed through.



6. FINISH AND SERVE

Divide stew among shallow bowls and top with falafel bites. Drizzle over yoghurt and garnish with mint leaves.

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

