




### Product Spotlight: Beetroot

Healthy & delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. They also help reduce blood pressure, improve circulation and are great for eye health!



## 1 Falafel Red Rice Bowl

Fragrant red rice with lightly spiced falafels and roast vegetables finished with a dollop of baba ganoosh or hummus, lemon and mint.

 30 mins

 2 servings

 Plant-Based

26 March 2021

### Spice it up!

*You can add crushed garlic to the baba ganoosh or roast vegetables if you have some. Toasted flaked almonds or pine nuts also give the dish a nice touch!*

Per serve: **PROTEIN** 24g **TOTAL FAT** 36g **CARBOHYDRATES** 111g

## FROM YOUR BOX

RED RICE	150g
BUTTERNUT PUMPKIN	1/2 *
BEETROOT	1
TOMATO	1
FALAFELS	1 packet
BABA GANOOSH OR HUMMUS	1 tub
MINT	1/2 bunch *
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, sumac (see notes)

## KEY UTENSILS

saucepan with lid, 2 oven trays

## NOTES

If you don't have sumac you can substitute it with dried oregano or ground cumin.



### 1. COOK THE RICE

Set the oven to 220°C.

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



### 2. ROAST THE VEGETABLES

Dice pumpkin. Wedge beetroot and tomato. Toss on a lined oven tray with **1 tsp sumac, oil, salt and pepper** (see notes). Roast in oven for 15–20 minutes or until cooked through.



### 3. BAKE THE FALAFELS

Place falafels on a second lined oven tray and drizzle with **oil**. Bake in oven for 10 minutes until warmed through.



### 4. PREPARE THE SAUCE

Loosen baba ganoosh/hummus with **3 tbsp water**. Season with **salt and pepper**.

Slice mint leaves and wedge lemon.



### 5. FINISH AND PLATE

Divide rice, vegetables and falafels among bowls. Dollop with sauce to taste. Garnish with mint and serve with lemon wedges.

**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**

