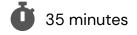




# **Beetroot Tabbouleh**

# with Falafels

A beetroot and lentil tabbouleh with mint and orange, served with spiced falafels and a creamy tahini drizzle.





2 servings Plant-Based



You can add dukkah or toasted seeds to the salad if you have some. Add some crushed garlic or lemon juice to the tahini drizzle for a more exciting flavour!

84g

#### FROM YOUR BOX

| BEETROOTS            | 2           |
|----------------------|-------------|
| FALAFEL MIX          | 1 packet    |
| MINT                 | 1/2 bunch * |
| SPRING ONION         | 1           |
| CONTINENTAL CUCUMBER | 1/2 *       |
| ORANGE               | 1           |
| TINNED LENTILS       | 400g        |
| TAHINI               | 1/4 cup *   |
|                      |             |

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar

#### **KEY UTENSILS**

large frypan, oven tray

#### **NOTES**

You can peel the beetroots if preferred. Add some ground cumin or coriander to spice the beetroots for a more exciting flavour.



#### 1. ROAST THE BEETS

Set oven to 220°C.

Trim, scrub and wedge beetroots (see notes). Toss on a lined oven tray with **oil**, **salt and pepper**. Roast for 20-25 minutes until tender.



### 2. PREPARE FALAFEL MIX

Combine falafel mix with **170ml water**. Set aside for 15 minutes and stir again.



#### 3. PREPARE THE TABBOULEH

Slice mint leaves and spring onion. Dice cucumber. Zest orange to yield 1 tsp, peel and dice the fruit. Toss together with drained lentils, 1 tbsp vinegar and 1 tbsp olive oil.



# 4. PREPARE TAHINI

Whisk together 1/4 cup tahini, 1 tbsp vinegar and 1/4 cup water.



# 5. COOK THE FALAFELS

Heat a frypan over medium-high heat and cover the base with **oil**. Shape falafels into 8 even-sized balls or patties and place into pan. Cook for 3-4 minutes on each side, or until cooked through. Remove to drain on paper towel.



## 6. FINISH AND PLATE

Toss tabbouleh with roast beets. Season with **salt and pepper**. Serve with falafels and tahini drizzle.

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



