




Product Spotlight: Beetroot

Healthy & delicious WA beets have nutrients like potassium, magnesium, folate and vitamin C. They can help reduce blood pressure, improve circulation are great for healthy eyes!



3 Beetroot Tabbouleh with Falafels

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

 35 minutes

 2 servings

 Plant-Based

15 February 2021

Spice it up!

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!

Per serve: **PROTEIN** 38g **TOTAL FAT** 32g **CARBOHYDRATES** 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 *

**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**

