



**Product Spotlight:  
Chickpeas**


As a legume, chickpeas are a vegetable and protein food, helping you hit two important food groups together!




# Falafel Cake

## with Poached Eggs and Yoghurt Sauce

Homemade baked falafel cake served with poached eggs and herby cucumber salad, and finished with a zingy garlic yoghurt sauce.

 35 minutes

 2 servings

 Vegetarian

## Switch it up!

*If you don't have a food processor, do not fear! Finely chop onion and parsley stems, and add to a bowl with remaining falafel cake ingredients. Use a potato masher to blend the ingredients.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	28g	76g

## FROM YOUR BOX

RED ONION	1
PARSLEY	1 packet
TINNED CHICKPEAS	400g
LEMON	1
FALAFEL MIX	1 packet
PASTURED EGGS	6-pack
LEBANESE CUCUMBER	1
TOMATO	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

large frypan, saucepan, food processor

## NOTES

See cover for notes on how to make the falafel mix without a food processor.

Poaching eggs for 3 minutes will give you runny yolks. Cook for longer if you prefer a harder yolk.



### 1. PREPARE THE FALAFEL MIX

Set oven to 220°C.

Reserve 1/2 onion for step 3, roughly chop remaining. Roughly chop parsley stems (reserve leaves for step 3). Drain and rinse chickpeas. Zest lemon. Add to a food processor (see notes) along with falafel mix, 1 egg, **salt and pepper**. Pulse until ingredients are just combined.



### 4. POACH THE EGGS

Reduce heat to rapidly simmer water. Crack eggs into simmering water. Poach for 3–6 minutes (see notes). Use a slotted spoon to remove eggs. Drain off any excess water.



### 2. COOK THE FALAFEL CAKE

Bring a saucepan of water to a boil.

Heat an ovenproof frypan over medium-high heat with **oil** to coat base. Add falafel mix to pan and cook for 5 minutes. Transfer pan to oven and bake for 15 minutes until golden on top.



### 5. MAKE THE GARLIC YOGHURT

Crush garlic and add to a bowl along with yoghurt, **salt and pepper**. Mix to combine.



### 3. MAKE CUCUMBER SALAD

Crescent cucumber and roughly chop parsley leaves. Dice tomato. Thinly slice reserved onion. Add to a bowl along with juice of 1/2 lemon (wedge remaining), **2 tsp olive oil, salt and pepper**. Mix to combine.



### 6. FINISH AND SERVE

Cut falafel cake into servings. Divide among plates. Serve with cucumber salad, poached eggs, garlic yoghurt and lemon wedges.



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