




### Product Spotlight: Coastal Crunch Falafels

We love these falafels from Coastal Crunch, featuring a unique blend of lupin, chickpea, herbs and garlic.



## Middle Eastern Meze Share Plate

A delicious selection of fresh vegetables, golden lupin falafels from Coastal Crunch, creamy hummus, and crispy Lebanese flatbread enjoyed as a share plate or assembled into wraps!

 25 minutes

 Vegetarian

## Switch it up!

*You can serve this dish as falafel wraps instead of a share plate.  
Keep the flatbread whole and fill with hummus, falafels and salad.*

## FROM YOUR BOX

	2 PERSON	4 PERSON
LUPIN FALAFELS	20-pack	20-pack
BEETROOT	1	1
LEBANESE CUCUMBER	1	2
CHERRY TOMATOES	200g	2 x 200g
BABY COS LETTUCE	1	2
LEBANESE FLATBREAD	5-pack	5-pack
HUMMUS	1 tub	2 tubs
DUKKAH	1 packet	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, red or white wine vinegar, sugar (of choice)

## KEY UTENSILS

frypan, oven tray (optional)

## NOTES

You can bake the falafels as per packet instructions, however we find they don't dry out and stay crisp when cooked in the pan.

You can toast the flatbread in a sandwich press if you have one.

**No gluten option - Lebanese flatbread is replaced with GF flatbread.** Slice and coat both sides with oil. Toast in oven until crunchy.



Scan the QR code to submit a Google review!



### 1. COOK THE FALAFELS

Set oven to 220°C (optional for step 4).

Heat a frypan over medium heat with **oil**. Add falafels and cook for 4–5 minutes on each side until golden and cooked through (see notes).



### 2. DRESS THE BEETROOT

Grate beetroot and add to a non metallic bowl. Toss with **1 tbsp vinegar**, **1 tsp sugar** and **1 tsp salt**. Set aside.



### 3. PREPARE THE VEGETABLES

Slice the cucumber into batons. Halve the cherry tomatoes. Separate and rinse lettuce leaves.



### 4. CRISP THE FLATBREAD

Cut flatbread into triangular pieces. Coat well with **olive oil** and arrange on a lined oven tray. Bake in oven for 5–7 minutes until golden and crispy.



### 5. FINISH AND SERVE

Spread hummus on a platter and arrange vegetables around. Serve with crispy flatbreads, falafels and pickled beetroot. Sprinkle with dukkah.

**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**

