



Falafel and veggie plate

Makes 2

Ingredients

- 6 falafels
- 2 eggs
- 1 cup spinach
- 10 cherry tomatoes
- ½ an avocado
- 60gm feta cheese
- ½ small red capsicum
- ½ zucchini
- ½ medium sweet potato
- ¼ cauliflower
- ¼ red cabbage

Recipe

1. Put the eggs in a saucepan and fill with cold water, just covering the eggs and then bring to the boil. Let simmer for 3-5 minutes depending on how hard you want them. Once cooked immediately drain and pour cold water over them and let sit in cold water and cool.
2. Turn the oven on to 210 degrees Celsius to warm up.
3. Cut the sweet potato, capsicum, zucchini, cauliflower up and place on a tray.
4. Place in the oven and cook for 35 – 40 minutes depending on how cooked you want them and your oven.
5. On a plate place the spinach, tomato, feta and olives to make a small salad.
6. Cut up the red cabbage into strips and place on the plates.
7. Then place the cauliflower, capsicum, sweet potato and zucchini on the plate.
8. Follow the instruction on the pack for how to heat the falafels (most only need a minute or 2 in the microwave)
9. Then place the egg and falafels on the plate.

