



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: FENNEL

Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds of the fennel are all edible!



## 2. ALLSPICE ROAST FENNEL & EGGPLANT WITH LENTILS

 30 Minutes

 2 Servings

 Plant-based

A warm spiced lentil salad with roast fennel and eggplant, tossed with a maple vinaigrette.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
16g	24g	33g

25 May 2020

## FROM YOUR BOX

PUY LENTILS	1 packet (75g)
FENNEL	1
RED ONION	1/2 *
SMALL EGGPLANT	1
PURPLE CARROT	1
LEBANESE CUCUMBER	1
ALMONDS	1/2 packet (20g) *
BABY SPINACH	1 bag (60g)
MARINATED FETA CHEESE	1/2 jar *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground allspice, red wine vinegar, maple syrup

## KEY UTENSILS

saucepan, oven tray

## NOTES

Use the oil from the feta cheese for the dressing.

Spice up the dish - use ground cardamom, ground coriander or ground cumin on the vegetables. Add crushed garlic to the dressing. Add any leftover nuts or seeds to the salad.



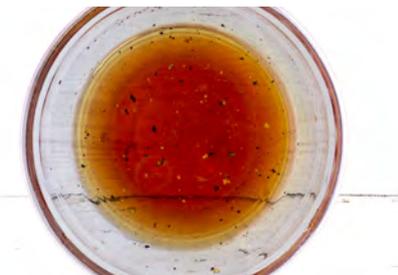
### 1. COOK THE LENTILS

Set oven to 220°C.  
Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender but still firm. Drain and rinse.



### 2. ROAST VEGETABLES

Slice fennel bulb (reserve fronds for salad) and red onion. Slice eggplant into crescents. Toss on lined oven tray with **1 tsp allspice, oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



### 3. PREPARE THE DRESSING

Whisk together **2 tbsp vinegar, 3 tbsp olive oil and 2 tsp maple syrup**. Season with **salt and pepper**. Set aside.



### 4. PREPARE THE SALAD

Ribbon the carrot using a vegetable peeler. Slice cucumber. Roughly chop almonds. Set aside with spinach.



### 5. FINISH AND PLATE

Toss salad with roast vegetables, lentils and dressing. Divide among plates and spoon over feta cheese. Garnish with reserved fennel fronds.