



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.



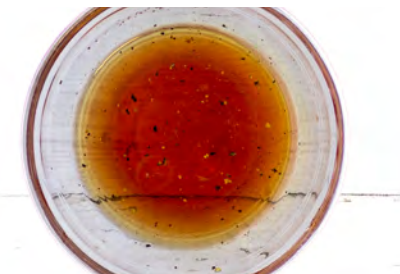
1. COOK THE LENTILS

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.