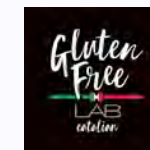




DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: THE GLUTEN FREE LAB

We love the arancini balls made by Perth based company The Gluten Free Lab! Covered in a crunchy crumb coating and filled with plant-based mozzarella - so tasty you won't want to share!



1. ARANCINI

WITH BAKED TOMATO BEANS

 20 Minutes

 2 Servings

 Plant-based

Golden crumbed arancini balls filled with melty plant based cheese, served with a tomato and capsicum bean tray bake and simple side salad.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
29g	50g	89g

11 May 2020

FROM YOUR BOX

YELLOW CAPSICUM	1
CHERRY TOMATOES	1 punnet (200g)
BAKED BEANS	1 jar
THYME	1/2 packet *
ARANCINI BALLS	8 pack
BABY COS LETTUCE	1
CONTINENTAL CUCUMBER	1/2 *
PISTACHIOS	1/2 bag (40g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, ground (or smoked) paprika, ground cumin

KEY UTENSILS

oven dish, oven tray

NOTES

For a richer flavour use smoked paprika in the beans.



1. COOK THE BEANS

Set oven to 220°C. Roughly chop capsicum and halve cherry tomatoes. Toss together with baked beans, 1 tsp thyme leaves, **1 tsp paprika**, **1 tsp cumin** and **1 tbsp olive oil**. Season with **salt and pepper**, bake in oven dish for 15 minutes (see notes).



4. FINISH AND PLATE

Serve arancini at the table with tray baked beans and salad.



2. BAKE THE ARANCINI

Place arancini balls on a lined oven tray. Bake in oven for 10-15 minutes until golden and warmed through.



3. PREPARE THE SALAD

Wedge baby cos. Slice cucumber. Place in a bowl, drizzle with **olive oil**. Roughly chop pistachios and scatter on top. Set aside.