



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PISTACHIOS

The pistachio nut is also known as the 'happy' nut because of its bright green colour. They are also loved for being a good source of protein and healthy fats!



4. BELUGA LENTILS WITH ROAST VEGGIES AND SPICED PISTACHIOS

A warm beluga lentil salad with roast dutch carrots and beetroot, drizzled with a creamy spring onion dressing and finished with spiced pistachios.

 30 Minutes

 2 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
23g	25g	52g

11 May 2020

FROM YOUR BOX

BELUGA LENTILS	1 packet (100g)
DUTCH CARROTS	1 bunch
BEETROOT	1
BABY EGGPLANT	1
ZUCCHINI	1/2 *
SPRING ONION	1 *
COCONUT YOGHURT	1 tub (120g)
SESAME SEEDS	1/2 packet (15g) *
PISTACHIOS	1/2 bag (40g) *
DILL	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground coriander, ground cumin, red wine vinegar

KEY UTENSILS

oven tray, stick mixer or blender, saucepan, frypan

NOTES

Add a small garlic clove to the dressing for an extra punch.



1. COOK THE LENTILS

Set oven to 220°C.
Bring a saucepan of water to the boil. Add lentils and simmer for 15-20 minutes until tender. Drain and rinse.



4. SPICE THE PISTACHIOS

Heat a frypan over medium heat. Add **1/2 tsp each of ground cumin and coriander** along with sesame seeds and pistachios. Cook stirring for 3-4 minutes until fragrant and toasted. Season with **salt**.



2. ROAST THE VEGETABLES

Trim carrots and wedge beetroot. Dice eggplant and zucchini. Toss on a lined oven tray with **1 tsp cumin, oil, salt and pepper**. Roast in oven for 20-25 minutes until cooked through.



5. TOSS LENTIL SALAD

Whisk together **1 tbsp vinegar and 1 tbsp olive oil**. Roughly pick dill fronds. Toss all together with lentils and roasted vegetables.



3. MAKE THE DRESSING

Roughly slice spring onion. Blend together with coconut yoghurt and **1 tsp vinegar** until smooth (see notes). Season with **salt and pepper**.



6. FINISH AND PLATE

Divide lentil salad among plates. Drizzle with dressing and scatter over spiced pistachios to taste.