



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.



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.



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**.



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**.



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.



6. FINISH AND PLATE

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