



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 so tasty you won't want to share!



2 Bolognese Arancini Balls with Tomato Relish

Golden crumbed arancini balls filled with Italian Bolognese sauce and served with roasted veggies and a tomato relish for dipping.

 25 minutes

 4 servings

 Beef

6 July 2020

FROM YOUR BOX

RED ONION	1
TOMATOES	2
ZUCCHINI	1
YELLOW CAPSICUM	1
DUTCH CARROTS	1 bunch
BOLOGNESE ARANCINI BALLS	2 packets
PARSLEY	1/2 bunch *
TOMATO RELISH	2/3 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

KEY UTENSILS

oven tray x 2

NOTES

You can eat the carrot tops! Delicious in a dressed side salad or in a pesto.

No beef option - bolognese arancini balls are replaced with vegetarian arancini balls.



1. ROAST THE VEGGIES

Set oven to 220°C.

Wedge red onion and tomatoes, chop zucchini and capsicum. Trim carrots (halve any larger ones). Toss on a lined tray with **oil, 1 tsp dried oregano, salt and pepper**. Roast for 18–20 minutes.



2. BAKE THE ARANCINI BALLS

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



3. FINISH AND SERVE

Chop parsley.

Serve arancini balls with roasted vegetables and relish. Sprinkle with chopped parsley.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

