



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: WATERCRESS

Watercress is a real powerhouse of nutrients and is classed a superfood. Vitamin K is by far the most prominent nutrient which can help building strong bones and assist with blood clotting.



1. CURRY SPICE CHICKPEAS

WITH MANGO CHUTNEY DRESSING

 30 Minutes

 2 Servings

 Plant-based

Lightly spiced roast chickpeas and sweet potato with fresh watercress salad, finished with a mango chutney dressing and crunchy fried shallots.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
18g	16g	86g

27 April 2020

FROM YOUR BOX

SWEET POTATOES	400g
CHICKPEAS	400g
ORANGE	1
MANGO CHUTNEY	100g
CHERRY TOMATOES	1 bag (200g)
SUGAR SNAP PEAS	1/2 bag (75g) *
WATERCRESS	100g
PARSLEY	1/2 bunch *
FRIED SHALLOTS	1 packet (40g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, curry powder

KEY UTENSILS

oven tray

NOTES

Pat chickpeas dry with a clean tea towel before roasting. This will help them crisp up in the oven.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice sweet potato. Toss with drained chickpeas (see notes), **1/2 tbsp curry powder, oil, salt and pepper** on a lined oven tray. Roast for 20-25 minutes until cooked through.



4. FINISH AND PLATE

Arrange salad and roast vegetables over plates (or a large serving dish). Drizzle with dressing and garnish with fried shallots.



2. MAKE THE DRESSING

Combine 1 tsp orange zest and 1/2 the juice with mango chutney.



3. PREPARE THE SALAD

Dice remaining orange. Halve tomatoes. Trim and halve sugar snap peas. Roughly slice watercress and chop parsley.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

