



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Family Box

👤👤👤👤 4 people

Week of 25 June, 2021

↪ Cook your meals in this order!

- 1 **Chicken and Roasted Vegetables with Basil Aioli Sauce**
- 2 **Almond Chicken with Rice**
- 3 **Family Burgers with Homemade Relish**
- 4 **Bacon Pasta with Feta**

Check off your box contents!

✓ QTY	INGREDIENTS	MEAL
<input type="checkbox"/>	1 packet (50g) ALMONDS	2
<input type="checkbox"/>	1 bunch ASIAN GREENS	2
<input type="checkbox"/>	800g BABY POTATOES	1
<input type="checkbox"/>	1 bag (200g) BABY SPINACH	3,4
<input type="checkbox"/>	250g BACON	4
<input type="checkbox"/>	1 packet BASIL	1,4
<input type="checkbox"/>	300g BASMATI RICE	2
<input type="checkbox"/>	4-pack BEEF PATTIES	3
<input type="checkbox"/>	2 BEETROOTS	3
<input type="checkbox"/>	1 BROWN ONION	3
<input type="checkbox"/>	1 bag (400g) CHERRY TOMATOES	1,4
<input type="checkbox"/>	600g CHICKEN SCHNITZELS	1
<input type="checkbox"/>	600g DICED CHICKEN BREAST	2
<input type="checkbox"/>	1 bunch DUTCH CARROTS	3
<input type="checkbox"/>	1 FESTIVAL LETTUCE	1
<input type="checkbox"/>	1 tub FETA CHEESE	3,4
<input type="checkbox"/>	100g GARLIC AIOLI	1
<input type="checkbox"/>	1 GARLIC BULB	2,3,4
<input type="checkbox"/>	1 piece GINGER	2
<input type="checkbox"/>	1 LEBANESE CUCUMBER	1
<input type="checkbox"/>	1 LEMON	1
<input type="checkbox"/>	500g LONG PASTA	4
<input type="checkbox"/>	2 PARSNIPS	1
<input type="checkbox"/>	500ml PASTA SAUCE	4
<input type="checkbox"/>	1 PURPLE CARROT	2
<input type="checkbox"/>	1 RED CAPSICUM	2
<input type="checkbox"/>	1 bunch SPRING ONIONS	1,2,4
<input type="checkbox"/>	3 TOMATOES	3
<input type="checkbox"/>	4-pack WHOLEMEAL BREAD ROLLS	3
<input type="checkbox"/>	1 ZUCCHINI	4

Swapped a protein? Check the preferences on the right for your alternative ingredient.

Pantry List

WHAT YOU NEED THIS WEEK:

oil/butter for cooking, olive oil, salt and pepper, dried thyme, ground paprika, soy sauce, oyster sauce (or fish sauce), cornflour, sugar (we used brown), vinegar (red or white)

WHAT YOU'LL NEED NEXT WEEK:

oil/butter for cooking, olive oil, salt and pepper, honey (or maple syrup), dried oregano, smoked paprika, ground cumin, Chinese five spice, soy sauce, balsamic vinegar

Preferences

Don't feel like fish or beef this week? Want to switch to gluten-free? Don't want to receive printed recipes? You can change your box preferences easily in your profile whenever you want. We replace any proteins you decide not to include in your box with chicken.

These are the alternative ingredients in this week's boxes if you decided to change any of your preferences:

No pork alternative

Bacon is replaced with sliced turkey

No beef alternative

Beef hamburger patties are replaced with chicken schnitzels

No gluten alternative

Bread is replaced with GF bread

Pasta is replaced with GF pasta

Please note: certain products may be substituted at the last minute due to availability or market conditions beyond our control.

Check out the Marketplace

Choose from a huge range of organic, gluten-free, nut-free, paleo, vegetarian, vegan & sustainable quality products in the Marketplace.



Storage Tips

Protein storage

We recommend cooking the fresh fish within the first 3 days of delivery, and other proteins according to expiry date. Alternatively freeze, then defrost in the fridge overnight to use at a later stage.

Bread storage

Freeze bread if not using on delivery day to ensure freshness. Flatbreads are best stored in the fridge or freezer.

Vegetable storage tip

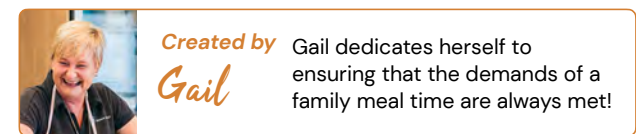
Keep the liner from your box to prevent veggies dehydrating in the fridge! Simply store vegetables such as celery, leafy greens and loose root vegetables inside your liner and pop them into your crisper to keep them crunchy and fresh.

Recycling

Please leave your box for your friendly delivery driver to collect each week or fortnight to be swapped with your fresh box. Once a box has been damaged or can no longer be used, we send it away to a very special recycling plant here in Perth. How's that for planet power?



Read the sticker on your box!



Call us **Mon/Tue 8.30am-7:00pm, Wed/Thu 8.30am-4:30pm, Fri 8.00am-4:00pm and Sat 9:00am-1:00pm** on **1300 135 660** or email us at **hello@dinnertwist.com.au** or go to the contact page on **www.dinnertwist.com.au**

Beyond the Kitchen

25 June 2021

HOT CHOCOLATE



With the winter school holidays coming up, here are some entertaining, tasty and warming ideas to enjoy around a backyard bonfire.

Bonfire TREATS

BONFIRE NACHOS



[FIND ME ON THE MARKETPLACE](#)

MEAT & VEGGIE SKEWERS



BIKKIE, MARSHMALLOW & CHOCOLATE S'MORES



Tips & tricks for this week's cooking!

Do you carrot all about more veggies?

Bulk up this week's pasta dish by adding extra veggies like grated carrot, diced capsicum or chopped eggplant. Serve the fish dinner with crusty garlic bread. Add scrambled eggs to the almond chicken stir-fry. Or, roast extra root veggies with the burgers like beetroot, sweet potato or potato.



A rare winter BBQ? Well done!

Who says barbecues are reserved for summer? If weather permits, why not cook this week's beef burger patties outside on the barbie for that chargrilled flavour?



Next week's boxes: from 2 July

Express



20-minute family-friendly meals using clever methods & quality products



Melty Cheese Quesadillas with Chicken

VEG option: sweet potato and beans/corn



Frypan Lasagne

VEG option: red lentils & salad leaves



Chicken Stroganoff

VEG option: cherry tomatoes & halloumi

PREFERENCES/ADD-ONS AVAILABLE:



NO PORK/LAMB/ BEEF OPTIONS



VEGETARIAN OPTION



FISH-FREE MENU



PROTEIN UPSIZE



GLUTEN-FREE OPTION



eRECIPE OPTION

Family



Designed to please the fussiest of eaters & cooked in 35 minutes or less



Sweet Potato Hash with Pan-Fried Salmon



Chicken Parmi with Potato Wedges



Mexican Beef Tortillas



Five-Spice Pork

PREFERENCES/ADD-ONS AVAILABLE:



NO PORK/LAMB/ BEEF OPTIONS



NO FISH OPTION



PROTEIN UPSIZE



GLUTEN-FREE OPTION



eRECIPE OPTION

Wholesome



Fresh, wholesome produce & exciting flavours



Oregano Chicken Schnitzels with Roasted Potatoes



Buckwheat Risotto with Roast Pumpkin



Red Lentil Moussaka with Lamb



Chicken Korma Curry

PREFERENCES/ADD-ONS AVAILABLE:



NO PORK/LAMB/ BEEF OPTIONS



NO FISH OPTION



PROTEIN UPSIZE



NATURALLY GLUTEN-FREE



eRECIPE OPTION

Plant-Based



Embrace the power of plants - vegan cooking has never tasted so good



Sausage Sizzle



Buckwheat Risotto with Roast Pumpkin



Red Lentil Moussaka with Eggplant



Tempeh Korma Curry

PREFERENCES/ADD-ONS AVAILABLE:



NATURALLY GLUTEN-FREE



VEGAN MARKETPLACE GOODIES AVAILABLE



eRECIPE OPTION

Like the look of another box? Swap easily from week to week



Simply visit dinnertwist.com.au/profile or hold your phone camera app over the QR code to the right, then login to your profile.



To swap your upcoming boxes, click the **SWAP BOX** button & select the new box type you want.



If you want to make changes to just one week's order, go to 'Schedule', select the date in the calendar and make the changes to the Marketplace or Box order.



DINNER TWIST
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Product Spotlight: Parsnips


Just one cup of parsnips provides around a quarter of your daily vitamin C and K and folate needs! On top of that, they're rich in gut-friendly fibre.



1 Chicken and Roasted Vegetables with Basil Aioli Sauce

Pan-fried chicken served with roasted potatoes and parsnips, a simple green salad, and a homemade basil-aioli sauce.

 30 minutes

 4 servings

 Chicken

25 June 2021

Keep it fresh

If preferred, keep the tomatoes fresh and add to the salad in step 3.

FROM YOUR BOX

BABY POTATOES	800g
PARSNIPS	2
SPRING ONIONS	1/4 bunch *
CHERRY TOMATOES	1/2 bag (200g) *
GARLIC AIOLI	100g
LEMON	1
BASIL	1/2 packet *
LEBANESE CUCUMBER	1
FESTIVAL LETTUCE	1
CHICKEN SCHNITZELS	600g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan, oven tray, stick mixer (see notes)

NOTES

If you don't have a stick mixer or food processor, make the dressing by finely chopping basil before whisking together with lemon juice and aioli.

For extra flavour, add a pinch of lemon zest onto the chicken fillets before frying.



1. COOK THE POTATOES

Wedge potatoes and parsnips, slice spring onions. Toss on a lined oven tray with cherry tomatoes (see notes), **1 tsp thyme, oil, salt and pepper**. Bake for 20–25 minutes until golden.



2. MAKE THE SAUCE

Place aioli, juice from 1/2 lemon, **1 tbsp water** and basil leaves into a jug. Blend with a stick mixer. Season with **salt and pepper**.



3. TOSS THE SALAD

Slice the cucumber and toss with torn lettuce leaves, **1/2 tbsp olive oil, salt and pepper**.



4. COOK THE CHICKEN

Heat a frypan over medium-high heat. Toss chicken with **oil, salt, 1/2 tsp thyme and pepper** (see notes). Add to pan and cook for 3–4 minutes each side or until cooked through.



5. FINISH AND PLATE

Wedge remaining lemon.

Serve roasted vegetables on plates with salad, chicken, a lemon wedge and sauce.

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**





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Product Spotlight:


If you prefer to peel your ginger before using it, try using a spoon! It's easier & wastes less than using a knife or peeler.



2 Almond Chicken with Rice

A simple stir-fry to feed the whole family. Tender free-range WA chicken, colourful vegetables and a homemade sauce on a bed of fragrant basmati rice.

 25 minutes

 4 servings

 Chicken

25 June 2021

Sauce alternatives

You can vary the sauce to your taste buds (or pantry). Examples include:

- Honey, soy & ginger
- Sweet chilli sauce, tamari & garlic
- Brown sugar, sriracha and kaffir lime leaves
- Sugar, lemongrass and lime juice

FROM YOUR BOX

BASMATI RICE	300g
DICED CHICKEN BREAST	600g
SPRING ONIONS	1/4 bunch *
GINGER	1 piece
GARLIC CLOVES	2
PURPLE CARROT	1
RED CAPSICUM	1
ASIAN GREENS	1 bunch
ALMONDS	1 packet (50g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce, oyster sauce, cornflour, sugar (we used brown)

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for extra flavour.

Use the rice tub to easily measure the right amount of water.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. MAKE THE SAUCE

Mix together **2 tbsp oyster sauce, 2 tbsp soy sauce, 1/2 tbsp cornflour, 1 tbsp sugar and 3/4 cup water**. Set aside.



3. COOK THE CHICKEN

Heat a large frypan or wok with **2 tbsp oil** over high heat. Toss chicken with **1 tbsp cornflour** and add to frypan. Cook for 5-6 minutes until starting to brown.



4. ADD THE VEGETABLES

Slice spring onions (save some green tops for garnish), grate ginger and crush garlic. Add to pan as you go with sliced carrot, capsicum and Asian greens. Cook for a further 4-5 minutes until just tender



5. ADD THE SAUCE

Roughly chop almonds and add to pan (keep a few for garnish) with the sauce. Cook for 2-3 minutes until sauce has thickened. Season to taste with **pepper and soy sauce**.



6. FINISH AND PLATE

Serve rice in bowls and spoon over chicken. Garnish with reserved almonds and spring onion tops.

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Product Spotlight: Dutch Carrots

Carrot top leaves are also edible! They taste similar to parsley in flavour and can be eaten raw in salads, or sautéed in a little olive oil.



3 Family Burgers with Homemade Relish

Who doesn't love burger night with the family! Wholemeal bread rolls with beef patties, roast beetroot, baby spinach and homemade onion relish.

 30 minutes

 4 servings

 Beef

25 June 2021

Short on time?

Use a pre-made relish of choice. Grate the beetroot and serve baby carrots fresh on the side. Slice tomatoes and add into the burgers!

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOTS	2
GARLIC CLOVE	1
BROWN ONION	1
TOMATOES	3
BEEF PATTIES	4-pack
FETA CHEESE	1/2 tub *
WHOLEMEAL BREAD ROLLS	4-pack
BABY SPINACH	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking), salt, pepper, white or red wine vinegar, sugar (of choice, or honey), ground paprika, soy sauce

KEY UTENSILS

oven tray, saucepan, grill or frypan

NOTES

No beef option - beef hamburger patties are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

No gluten option - bread is replaced with GF bread.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim carrots and slice beetroots. Arrange on a lined oven tray and toss with **oil, salt and pepper**. Roast for 20 minutes or until golden and tender.



2. MAKE THE RELISH

Heat a small saucepan with **2 tbsp oil**. Crush garlic, dice onion and tomatoes, add to the pan and cook for 3 minutes. Stir in **2 tbsp vinegar, 2 tbsp sugar, 1 tbsp soy sauce, 2 tsp paprika** and season with **pepper**. Simmer for 20 minutes.



3. GRILL THE PATTIES

Heat a large grill or frypan over medium-high heat. Coat burgers with **oil** and season with **salt and pepper**. Cook in the pan for 3 minutes, see step 4.



4. ADD THE CHEESE

Turn the patties and top with crumbled feta cheese. Cook for a further 3 minutes or until just cooked through.



5. WARM THE ROLLS

Slice rolls open and warm in the oven for 2-3 minutes.

Adjust the seasoning of the relish if needed.



6. FINISH AND PLATE

Arrange beef patties in rolls with baby spinach, roast beetroot and homemade relish. Serve with baby carrots and any other favourite sauce of choice, if you wish.

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Product Spotlight: Pasta


There are 310 specific forms of pasta — and these are known by over 1300 names! How many can you think of?



4 Bacon Pasta with Feta

This recipe suits the whole family, even any fussy eaters! Pasta tossed with fried bacon, zucchini and sauce, garnished with fresh basil and feta.

 25 minutes

 4 servings

 Pork

25 June 2021

Veg on the side

If preferred, fry the cherry tomatoes, zucchini and spring onions on the side in a separate frypan. Then, toss with spinach for a simple side salad.

FROM YOUR BOX

LONG PASTA	500g
SPRING ONIONS	1/2 bunch *
GARLIC CLOVES	2
BACON	250g
CHERRY TOMATOES	1/2 bag (200g) *
ZUCCHINI	1
BABY SPINACH	1/2 bag (100g) *
PASTA SAUCE	500ml
BASIL	1/2 packet *
FETA CHEESE	1/2 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan, saucepan

NOTES

You can add additional garnishes to taste from your pantry, such as chilli flakes, toasted pine nuts, or parmesan cheese.

No pork option – bacon is replaced with sliced turkey.

No gluten option – pasta is replaced with GF pasta.



1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions or until al dente. Drain.



2. FRY THE BACON

Heat a frypan with **oil** over medium-high heat. Slice spring onions, crush garlic, dice bacon and add to pan with **2 tsp thyme**. Cook for 3-4 minutes.



3. ADD THE VEGETABLES

Halve cherry tomatoes, grate zucchini, and add to frypan with spinach, pasta sauce and **2/3 jar water**. Cover and simmer for 5 minutes.



4. STIR THROUGH PASTA

Add pasta to frypan. Mix well and season to taste with **salt and pepper**.



5. FINISH & PLATE

Slice basil.

Serve pasta in bowls and garnish with basil and crumbled feta cheese (see notes).

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