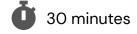




# Moroccan Roasted Carrots

## with Lentils and Labneh

A rainbow of carrots, roasted with Moroccan-style spices, tossed with lentils and a vibrant orange dressing served with labneh and toasted almonds.





2 servings



# Spice it up!

You can switch the spices for curry powder, garam masala, ground cumin or ground coriander.

38g

#### FROM YOUR BOX

DUTCH CARROTS	1 bunch
PURPLE CARROT	1
BELUGA LENTILS	1 packet (100g)
FLAKED ALMONDS	1 packet (20g)
ORANGE	1
LABNEH	1 tub
HEALTHY TRIO SPROUTS	1 punnet
PARSLEY	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, ground cinnamon, apple cider vinegar

#### **KEY UTENSILS**

frypan, saucepan, oven tray

#### **NOTES**

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



#### 1. ROAST THE CARROTS

Set oven to 220°C.

Trim Dutch carrots and cut purple carrot into angular pieces. Toss on a lined oven tray with oil, 2 tsp turmeric, 1 tsp cinnamon, salt and pepper. Roast for 15–20 minutes until tender.



#### 2. COOK THE LENTILS

Place lentils in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.



#### 3. TOAST THE ALMONDS

Heat a small frypan over medium heat. Add almonds and toast in dry frypan for 3-4 minutes or until golden.



#### 4. MAKE THE DRESSING

Zest and juice 1/2 orange (reserve remaining for step 5). Add to a large bowl along with 1 1/2 tbsp oil from labneh, 1/2 tbsp vinegar, salt and pepper. Whisk to combine.



### **5. TOSS THE CARROTS**

Slice reserved orange. Pull apart sprouts. Add to bowl with dressing, along with roasted vegetables and lentils. Toss to combine.

Finely chop parsley leaves and set aside.



#### **6. FINISH AND SERVE**

Divide tossed carrots among shallow bowls. Dot over labneh and garnish with parsley. Sprinkle over toasted almonds.

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



