



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Purple Carrot

While purple carrots and orange carrots have the same nutritional value, purple carrots have better anti-inflammatory and anti-oxidative effects!



H2

## 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.



30 minutes



2 servings



Vegetarian

28 October 2022

### Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	24g	62g

## 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.



### 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.



### 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.



### 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.



### 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.



### 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**

