



### Product Spotlight: Walnuts

Walnuts are a good source of Omega-3s, which support brain and heart health, and since ancient times they have been recognised as a symbol of intellectuality!



## Seed and Nut Loaf

### with Roasted Vegetables and Mustard Gravy

Walnuts, mixed seeds, lentils and fresh rosemary baked into freeform loaves, served with a rainbow of roasted root vegetables and warming mustard gravy.



35 minutes



2 servings



Vegetarian

7 April 2023

## Switch it up!

*Use a bread loaf tin to make one large loaf instead of smaller freeform ones!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	31g	119g

## FROM YOUR BOX

WHITE SWEET POTATOES	500g
PURPLE CARROT	1
CARROT	1
BROCCOLI	1
BROWN ONION	1
ROSEMARY SPRIG	1
TINNED LENTILS	400g
SEED+NUT MIX	1 packet (110g)
BAVARIAN MUSTARD	1 jar

## FROM YOUR PANTRY

oil for cooking, salt, pepper, honey, cornflour, soy sauce (or tamari)

## KEY UTENSILS

frypan, 2 oven trays

## NOTES

You don't need to chop the seed and nut mix too rigorously; the purpose is to break up the walnuts so that they are evenly distributed in the mix. The seeds and nuts help give the loaves texture.

As it is easiest to transfer the cooked loaves using a flat spatula, we recommend shaping them to be the same size as your spatula, so the number of loaves you make could vary from the picture.



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## 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut sweet potatoes and carrots into angular pieces. Cut broccoli into florets. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until vegetables are tender.



## 4. ROAST THE LOAVES

Transfer mixture onto a lined oven tray. Divide mixture into 2–4 portions (see notes). Use clean hands to form each portion into a loaf no higher than 10cm. Drizzle over **oil**. Bake for 15–20 minutes until crust forms.



## 2. SAUTÉ THE AROMATICS

Heat a frypan over medium–high heat with **oil**. Dice onion and chop rosemary leaves. Add to pan as you go. Sauté for 5 minutes. Remove to a bowl and reserve frypan for step 5.



## 3. MAKE THE LOAF MIXTURE

Drain and rinse lentils. Add to bowl with onion mix. Use a potato masher to gently mash lentils. Roughly chop seed and nut mix (see notes). Add to bowl and season with **salt and pepper**. Mix to combine.



## 5. MAKE MUSTARD GRAVY

Reheat reserved frypan over medium–high heat. Add mustard to a jug along with **1 cup water, 1 tsp honey, 1 tbsp cornflour** and **2 tsp soy sauce**. Whisk to combine then pour into frypan. Cook for 5 minutes until thickened. Season with **pepper**.



## 6. FINISH AND SERVE

Divide even amounts of roast vegetables among plates along with seed and nut loaves. Serve with mustard gravy.

**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**

