



Product Spotlight: Basil

The fridge can often be too cold for storing basil, turning its leaves black.

Try trimming the stalk ends and placing it in a jar with 2cm of water, cover it with a loose-fitting bag and leave it at room temperature.



Squished Arancini with Basil and Cannellini Bean Dip

Pumpkin and thyme arancini from Perth locals, The Gluten Free Lab, served with herbaceous basil and cannellini bean dip and a charred corn salad.

Switch it up!

Instead of dip, use the basil to make a traditional pesto! Add nuts (almonds, walnuts or pine nuts), parmesan cheese, olive oil and lemon juice to a jug with the basil and blend to desired consistency.



30 minutes



2 servings



Vegetarian

30 December 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	18g	101g

FROM YOUR BOX

LEMON	1
TINNED CANNELLINI BEANS	400g
BASIL	1 packet (10g)
CORN COB	1
PUMPKIN & THYME ARANCINI	8-pack
LEBANESE CUCUMBER	1
TOMATO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, stick mixer or small blender

NOTES

If you prefer to not cook the corn, you can remove the kernels and add them to the salad fresh instead.

To speed up the cooking time, heat up a second frypan to cook the arancini in. You can also cook arancini in the oven and skip squishing them.

Try to only turn the arancini once to prevent them from falling apart. As the cheese melts slightly it will help hold the arancini together.



1. MAKE THE BEAN DIP

Zest lemon (reserve zest for step 4).

Drain and rinse beans. Use a stick mixer to blend with basil, juice of 1/2 lemon, **1 tbsp water, salt and pepper** to a smooth consistency.



2. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Remove corn kernels from cob. Cook in frypan over medium-high heat for 3-4 minutes, or until charred. Remove to a large bowl and reserve frypan (see notes).



3. COOK THE ARANCINI

Add arancini to reserved frypan and flatten slightly with a spatula. Cook for 4 minutes each side until crispy and warmed through (see notes).



4. PREPARE THE CORN SALAD

Dice cucumber and tomato. Add to corn bowl and toss to combine with reserved lemon zest, juice from remaining lemon, **salt and pepper**.



5. FINISH AND SERVE

Divide bean dip among plates. Serve with arancini and corn salad.

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