



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Bocconcini


Bocconcini are small balls of mozzarella with a creamy, milky flavour and a lovely stringy texture when melted.



H4 Fennel Seed Caprese Tray Bake with Bocconcini

Mediterranean vegetables roasted with fennel seeds and balsamic vinegar tossed with brown lentils and stretchy bocconcini, served with peppery rocket leaves and herbaceous fresh basil.

 30 minutes

 4 servings

 Vegetarian

15 July 2022

Pasta?!

Switch these ingredients up to make a pasta dish! Roast vegetables per recipe, use basil and almonds to make pesto. Toss roasted veggies, lentils and pesto through cooked pasta. Tear over bocconcini and serve with fresh rocket leaves.

Per serve: **PROTEIN** 20g **TOTAL FAT** 17g **CARBOHYDRATES** 25g

FROM YOUR BOX

EGGPLANT	1
YELLOW CAPSICUM	1
RED ONION	1
CHERRY TOMATOES	1 bag (400g)
TINNED LENTILS	400g
BOCCONCINI	1 tub
SLIVERED ALMONDS	1 packet (40g)
BASIL	20g
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, balsamic vinegar, fennel seeds

KEY UTENSILS

oven tray

NOTES

You can add some pantry extras to the tray bake such as capers, olives, croutons or torn bread.

Sprinkle with dried chilli flakes for extra zing!



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice eggplant and slice capsicum. Wedge onion. Add to a lined oven tray along with cherry tomatoes.



2. SEASON THE TRAY BAKE

Toss with **oil, 2 tsp fennel seeds, 1 tbsp balsamic vinegar, salt and pepper**. Roast for 20 minutes.



3. ADD THE BOCCONCINI

Drain and rinse lentils. Tear bocconcini. Add to tray bake and gently stir through. Sprinkle over almonds and bake for a further 5 minutes (see notes).



4. FINISH AND SERVE

Pick basil leaves.

Serve tray bake tableside with rocket leaves on the side. Garnish with basil leaves (see notes).

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

