



Product Spotlight: Saffron

Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



Honey Saffron Carrots

with Puy Lentils

Cumin seed roasted carrots and beetroots tossed with roasted feta cheese served over puy lentils and rocket leaves, finished with a drizzle of honey saffron sauce.



30 minutes



4 servings



Vegetarian

28 April 2023

Bulk it up!

Serve this dish with poached eggs, or tossed through cooked short pasta to bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	36g	36g

FROM YOUR BOX

PUY LENTILS	1 packet (200g)
DUTCH CARROTS	1 bunch
PURPLE CARROTS	2
BEETROOT	3
FETA CHEESE	1 packet
SAFFRON	1 packet
FLAKED ALMONDS	1 packet (40g)
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, honey, apple cider vinegar, cumin seeds (see notes)

KEY UTENSILS

2 saucepans, oven tray, frypan (optional)

NOTES

Fennel seeds, ground cumin and ground coriander are all great substitutes for cumin seeds.



1. 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.



2. PREPARE THE VEGETABLES

Trim and scrub Dutch carrots. Cut purple carrots and beetroot in angular pieces. Toss on a lined oven tray with **oil, 2 tbsp cumin seeds, salt and pepper**. Roast for 5 minutes (see step 3).



3. ADD THE FETA AND ROAST

Cut feta cheese into quarters and drizzle with **oil**. Add to oven tray with vegetables. Roast for a further 20 minutes until vegetables are tender.



4. MAKE THE SAUCE

Add saffron to a bowl with **1 tbsp hot water** (hot tap water will work perfectly) and set aside. Heat a small saucepan over medium heat. Add **1/3 cup olive oil** and gently heat. Remove from heat and stir in saffron, **3 tsp honey, 2 tbsp vinegar, salt and pepper**. Whisk to combine.



5. TOAST THE ALMONDS

Optional: add almonds to a small dry frypan. Toast for 2–3 minutes until almonds are golden. Remove from heat.



6. FINISH AND SERVE

Toss roast vegetables, lentils and feta together on oven tray.

Spread rocket on a large platter. Top with tossed roast vegetables and serve tableside with honey saffron sauce.



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