



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!



H4 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



4 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
	34g	24g	50g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
PURPLE CARROTS	3
RED ONION	1
BELUGA LENTILS	1 packet (200g)
FLAKED ALMONDS	1 packet (40g)
ORANGES	2
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 carrots into angular pieces. Wedge onion. Toss on a lined oven tray with **oil, 1 1/2 tsp turmeric, 1 tsp cinnamon, salt and pepper**. Roast for 15–20 minutes until tender.



4. MAKE THE DRESSING

Zest 1 orange to yield 1 tbsp. Juice orange to yield 2 tbsps. Add to a large bowl along with 3 tbsp oil from labneh, **1 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.



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.



5. TOSS THE CARROTS

Slice remaining 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.



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**

