



### Product Spotlight: Rocket

Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients, but can be stirred into risottos and warm salads too!





## Spice it up!

*We have used plain paprika in this recipe, if you like a smokey taste you can substitute it for smoked paprika and add a little BBQ or chipotle based sauce as well.*

## 12 Chickpea and Potato Hash with Lemon and Dill Yoghurt

A mixture of root vegetables and chickpeas, pan-fried with thyme and paprika. Tasty, yet simple, finished with rocket, and lemon dill yoghurt.

 35 minutes

 2 servings

 Plant-Based

8 April 2022

Per serve: **PROTEIN** 21g **TOTAL FAT** 17g **CARBOHYDRATES** 101g

## FROM YOUR BOX

POTATOES	2
SHALLOT	1
PARSNIP	1
CARROT	1
ORD RIVER CHICKPEAS	1 packet (250g)
LEMON	1
DILL	1 packet
COCONUT YOGHURT	1 tub
ROCKET	1 bag (60g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme, ground paprika

## KEY UTENSILS

frypan

## NOTES

If the vegetables start to stick add a little more oil.

Add 1 crushed garlic clove to yoghurt for extra flavour.



### 1. FRY THE POTATOES

Heat a large frypan over medium-high heat with **oil**. Dice potatoes into 2cm pieces and slice shallot, adding to pan as you go, along with **1 tsp thyme** and **1 tsp paprika**. Cook for 6-8 minutes.



### 2. ADD THE VEGETABLES

Trim and slice parsnip and carrot. Add to pan and cook for 10 minutes. Drain and add chickpeas (see notes). Cook for a further 5-7 minutes, stirring, until vegetables are tender and golden. Season to taste with **salt and pepper**.



### 3. MIX THE YOGHURT

Zest 1/2 lemon to yield 1/2 tsp, and juice to yield 1 tbsp (wedge remaining). Chop dill. Mix together with yoghurt. Season with **salt and pepper** (see notes).



### 4. FINISH AND SERVE

Divide hash between bowls and top with rocket. Serve with a dollop of yoghurt and a lemon wedge.

**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**

