



Product Spotlight: Lentils


Lentils are a great source of plant-based protein. There is 18g in every one cup serving - the equivalent to eating about 3 whole eggs!



12 Lemon Baked Potatoes with Lentils and Roasted Vegetables

Crispy but soft potatoes oven baked with water and oil to give a beautiful finish. Seasoned with lemon zest and served with lentils and roasted vegetables, topped with nut cheese.

 35 minutes

 2 servings

 Plant-Based

11 February 2022

Mix it up!

Cook the lentils with half a stock cube. Drain, reserving 1/2 cup of water. Stir in roasted vegetables and 1/2 the cheese. Serve with mashed potatoes or over pasta. Garnish with parsley and extra cheese.

Per serve: **PROTEIN** 28g **TOTAL FAT** 36g **CARBOHYDRATES** 91g

FROM YOUR BOX

POTATOES	3
LEMON	1
PUY LENTILS	1 packet (100g)
SHALLOT	1
SMALL EGGPLANT	1
RED CAPSICUM	1
PARSLEY	1 bunch
ROCKET	1 bag (60g)
NUT CHEESE	1 packet (150g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cumin seeds, sumac (see notes)

KEY UTENSILS

saucepan, oven dish, oven tray

NOTES

If you don't have sumac you could use dried oregano, ground coriander or some crushed garlic.

Stir the cheese through the lentils if preferred.



1. COOK THE POTATOES

Set oven to 220°C.

Wedge potatoes and place in a lined oven dish. Zest 1/2 lemon and add to tray along with **1/4 cup water, 1 tsp sumac, 1 tbsp oil, salt and pepper**. Toss well and place in oven for 25–30 minutes or until cooked through and browning.



2. COOK THE LENTILS

Place lentils in saucepan and cover with water. Bring to boil and simmer gently for 15–20 minutes, or until tender but still firm. Drain and rinse.



3. ROAST THE VEGETABLES

Wedge shallot, dice eggplant and capsicum. Toss together on a lined oven tray with **oil, 1/2 tbsp cumin seeds, salt and pepper**. Cook for 20 minutes until golden and tender.



4. MAKE THE DRESSING

In a large bowl whisk together 2 tbsp lemon juice, **2 tbsp olive oil, salt and pepper**.

Roughly chop parsley.



5. TOSS THE LENTILS

Add lentils, roasted vegetables, rocket and half the parsley to the bowl with the dressing. Mix well and season with **salt and pepper**.



6. FINISH AND SERVE

Dice cheese (use to taste, see notes).

Divide potatoes between plates and spoon over lentil salad. Top with cheese and sprinkle over remaining parsley.

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