



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Beetroot

Our healthy and delicious WA beets contain nutrients like potassium, magnesium, folate and vitamin C. On top of that, they can help reduce blood pressure, improve circulation and are great for eye health!



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## Roasted Beets and Lentils with Creamy Dill Dollop

Chopped roasted beetroots and carrots with cumin seeds, served with fresh rocket and macadamia dill cheese.



30 minutes



2 servings



Plant-Based

14 October 2022

### Mix it up!

*Swap the cumin seeds for some Moroccan seasoning. Add some pomegranate molasses to the tray with the lemon when adding the lentils. Serve with some brown rice or couscous if you need to feed extras.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	58g	57g

## FROM YOUR BOX

PUY LENTILS	100g
BEETROOTS	2
CARROTS	2
SHALLOT	1
DILL	1 packet (10g)
LEMON	1
MACADAMIA, HEMP CHEESE	1 jar
ROCKET	1 bag (60g)

## FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds, balsamic vinegar

## KEY UTENSILS

saucepan, oven dish

## NOTES

You can arrange all components on one large platter and take it to the table for sharing if you prefer.



### 1. COOK THE LENTILS

Set oven to 200°C.

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



### 2. ROAST THE VEGETABLES

Dice beetroots and roughly chop carrots. Wedge shallot. Toss in a lined oven dish with **2 tbsp balsamic vinegar, 1 tsp cumin seeds, 1 tbsp olive oil, salt and pepper.**



### 3. MAKE THE DILL SAUCE

Chop dill and juice 1/2 lemon. Mix into macadamia cheese with **1 tbsp water.**



### 4. PREPARE THE SALAD

In a bowl whisk together **1/2 tbsp olive oil** and **1/2 tbsp balsamic vinegar**. Add rocket leaves and toss to coat. Season to taste with **salt and pepper.**



### 5. TOSS THE LENTILS

Add the lentils to the roasted vegetable tray. Squeeze in remaining lemon juice and toss well to coat. Season to taste with **salt and pepper.**



### 6. FINISH AND SERVE

Divide salad and roasted vegetables among plates (see notes). Dollop with dill cheese to serve.

**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**

