



### Product Spotlight: Dill

A beautifully fragrant herb, dill is good for calming the digestive system and preventing infection, among its many other benefits.



## Broccoli and White Bean Salad with Dill Dressing

Roasted white beans tossed with fresh broccoli and capsicum. Served with a dill dressing and finished with crunchy almonds and dried cranberries.



30 minutes



4 servings



Plant-Based

13 January 2023

## Toss it together !

*Dice pumpkin and capsicum. Toss together on a tray with white beans and spice mix. Use a processor and pulse the broccoli to make a rice-like consistency. Toss vegetables with dressing and pour over broccoli rice. Top as per recipe.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	22g	37g	77g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
MOROCCAN SPICE MIX	1 packet
TINNED CANNELINI BEANS	2 x 400g
LEMON	1
DILL	1 packet
MACADAMIA AND HEMP CHEESE	1 jar
BROCCOLI	1
RED CAPSICUM	1
ALMOND/CRANBERRY MIX	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

oven tray x 2

## NOTES

You can blanch the broccoli for 1-2 minutes in boiling water and then run under cold water if preferred.



### 1. ROAST THE PUMPKIN

Set oven to 220°C.

Slice pumpkin into 1 cm rounds. Toss on a lined oven tray with 1/2 Moroccan spice mix, oil, salt and pepper. Cook for 20-25 minutes until tender.



### 2. ROAST THE BEANS

Drain and rinse beans. Toss on a second lined oven tray with remaining spice mix, oil, salt and pepper. Cook for 20 minutes.



### 3. MAKE THE DRESSING

Zest whole lemon and juice half, chop dill. Whisk together in a bowl with 3 tbsp macadamia cheese, 2 tbsp olive oil, 3 tbsp water, salt and pepper.



### 4. CHOP FRESH INGREDIENTS

Cut broccoli into florets and thinly slice (see notes) and dice capsicum. Toss together in a bowl with 3 tbsp prepared dressing.



### 5. ADD THE BEANS

Add roasted beans into bowl with broccoli and toss well. Season to taste with salt and pepper.



### 6. FINISH AND SERVE

Roughly chop almonds (optional).

Arrange pumpkin onto plates. Spoon over broccoli salad, dot with remaining cheese and sprinkle over cranberries and almonds. Use dressing to taste.

**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**

