



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!




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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

 4 servings

 Plant-Based

8 April 2022

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.

Per serve: **PROTEIN** 19g **TOTAL FAT** 14g **CARBOHYDRATES** 83g

FROM YOUR BOX

POTATOES	800g
RED ONION	1
PARSNIP	1
CARROTS	2
ORD RIVER CHICKPEAS	2 x 250g
LEMON	1
DILL	1 packet
COCONUT YOGHURT	1 tub
ROCKET	1 bag (120g)

FROM YOUR PANTRY

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

KEY UTENSILS

large 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 onion, adding to pan as you go, along with **2 tsp thyme** and **2 tsp paprika**. Cook for 6-8 minutes.



2. ADD THE VEGETABLES

Trim and slice parsnip and carrots. 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 and juice 1/2 lemon (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

