



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight:

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



14

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



4 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
	20g	35g	42g

FROM YOUR BOX

PUY LENTILS	200g
BEETROOTS	3
CARROTS	2
RED ONION	1
DILL	1 packet (10g)
LEMON	1
MACADAMIA, HEMP CHEESE	1 jar
BABY CUCUMBERS	1 punnet
ROCKET	1 bag (120g)

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 beetroot and roughly chop carrots. Wedge onion. Toss in a lined oven dish with **3 tbsp balsamic vinegar, 2 tsp cumin seeds, 2 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 tbsp olive oil** and **1 tbsp balsamic vinegar**. Slice and add cucumbers and rocket. Toss well and season to taste with **salt and pepper.**



5. TOSS THE LENTILS

Add the lentils into 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**

