



Product Spotlight: Za'atar Spice Mix

This delicious Za'atar is made up of sesame, sumac, coriander and cumin, adding an exotic flavour boost to the roast vegetables. It's made by Prodlocal right here in WA.

Za'atar Roasted Carrots with Lemon Dressing

A delicious and wholesome warm carrot salad inspired by Middle Eastern flavours! Sweet roasted carrots with Za'atar spices, nutty millet, fresh cucumber and leaves, finished with a bright lemon dressing.



30 minutes



2 servings



Plant-Based

31 March 2023

Save the recipe!

*Save the recipe for the sesame dressing!
Make a big batch to keep in the fridge,
ready for dipping veggie sticks or spooning
over roast vegetables. Add some garlic or
any leftover za'atar for more flavour!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	10g	17g	69g

FROM YOUR BOX

MILLET	100g
CARROTS	2
PURPLE CARROT	1
ZA'ATAR SPICE MIX	1 packet
LEMON	1
COCONUT YOGHURT	1 tub
AVOCADO	1
LEBANESE CUCUMBER	1
SPINACH AND ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, maple syrup

KEY UTENSILS

saucepan, oven tray, stick mixer or blender

NOTES

You can add some garlic to the dressing for more depth of flavour!



1. COOK THE MILLET

Set oven to 250°C.

Place millet in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain millet for a minimum of 5 minutes or press it down in sieve to squeeze out excess liquid.



2. ROAST THE CARROTS

Cut carrots into similar size batons. Toss on a lined oven tray with 1/2 za'atar spice mix, **1 tbsp maple syrup**, **oil**, **salt** and **pepper**. Roast in oven for 15 minutes until golden.



3. PREPARE THE DRESSING

Blend remaining za'atar spice mix with lemon juice, coconut yoghurt and **1/4 cup water** using a stick mixer until smooth (see notes). Season to taste with **salt** and **pepper**.



4. PREPARE THE SALAD

Slice avocado and cucumber. Toss together with spinach and rocket leaves on a serving platter.



5. FINISH AND SERVE

Layer millet and roast carrots on top of fresh salad and serve with dressing (use to taste).



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