



### 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



4 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
	12g	18g	61g



## FROM YOUR BOX

MILLET	200g
CARROTS	3
PURPLE CARROTS	3
ZATAAR SPICE MIX	1 packet
SESAME SEEDS	1 packet
LEMON	1
COCONUT YOGHURT	1 tub
AVOCADO	1
LEBANESE CUCUMBERS	1
SPINACH AND ROCKET LEAVES	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, maple syrup

## KEY UTENSILS

saucepan, oven tray, stick mixer or blender

## NOTES

You can toast the sesame seeds in a dry pan before blending 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 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 sesame seeds with lemon juice, coconut yoghurt and **1/3 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.



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