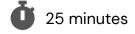




Arancini

with Sweet Potato, Pear and Rocket Salad

Crispy and delicious tomato and plant-based cheese arancini from Gluten Free Lab served with roasted sweet potato, pear and rocket salad.







Mix it up!

You can keep the salad fresher for warmer weather by leaving the cherry tomatoes and pear fresh. Make it quicker by halving the sweet potato for roasting and serving on the side.

TOTAL FAT CARBOHYDRATES

29g 67g

184g

FROM YOUR BOX

SWEET POTATOES	500g
ТОМАТО	1
PEAR	1
ROSEMARY SPRIG	1
ARANCINI	8 pack
LEBANESE CUCUMBER	1
ROCKET	1 bag (60g)
WALNUT/CRAISIN MIX	1 packet (40g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, mustard (seeded or Dijon)

KEY UTENSILS

2 oven trays

NOTES

Add the arancini to the oven tray with the vegetables if preferred.

For more crunch you can separate the walnuts from the craisins and dry fry them over medium high heat for a couple of minutes.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice sweet potatoes, wedge tomato, slice pear and finely chop rosemary. Toss together on a lined oven tray with **oil**, **salt and pepper**. Roast for 15 minutes or until tender.



2. COOK THE ARANCINI

Place arancini on a second lined oven tray (see notes) and cook for 15 minutes until crispy and heated through.



3. MAKE THE DRESSING

In a large bowl whisk together 3 tbsp olive oil, 2 tbsp balsamic vinegar, 1 tsp mustard and salt and pepper to taste.



4. TOSS THE SALAD

Halve and slice cucumber. Add to dressing bowl with rocket, walnuts and craisins (see notes).



5. FINISH AND SERVE

Divide salad and roasted vegetables between plates. Add arancini on the side.



