



Product Spotlight: Parsley

A sprig of parsley can provide much more than a garnish! Parsley is an excellent source of vitamin K, essential for healthy bones and blood clotting.



Moroccan Roast Cauliflower with Lemon and Parsley

Oven-roasted cauliflower and zucchini with Moroccan spices, tossed with roast pepper strips, fresh parsley and nuts, served on a bed of lemon-dressed lentils.



30 minutes



2 servings



Plant-Based

19 May 2023

Make a stew!

You can simmer the cooked lentils, vegetables and spice mix with some chopped tomatoes to make a warm lentil stew! Finish with lemon juice and top with parsley and pine nuts.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	24g	73g

FROM YOUR BOX

BELUGA LENTILS	1 packet (100g)
CAULIFLOWER	1/2
ZUCCHINI	1
SHALLOT	1
MOROCCAN SPICE MIX	1 sachet
LEMON	1
PINE NUTS	1 packet
PARSLEY	1 packet
ROAST PEPPERS	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, maple syrup

KEY UTENSILS

oven tray, saucepan, small frypan

NOTES

You can add the pine nuts to the oven tray for the last 5 minutes to toast if preferred.

Parsley can sometimes be sandy. Soak it in a bowl of water and dry it in a salad spinner to remove any excess sand.



1. COOK THE LENTILS

Set oven to 220°C.

Place lentils in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.



2. ROAST THE VEGETABLES

Cut cauliflower into small florets. Slice zucchini and shallot. Toss together on a lined oven tray with 1/2 Moroccan spice mix, **oil**, **salt** and **pepper**. Roast for 20 minutes until tender.



3. PREPARE THE DRESSING

Whisk together zest and juice from 1/2 lemon with **1/4 tsp turmeric**, **1 tbsp maple syrup** and **2 tbsp olive oil**. Season with **salt** and **pepper**.



4. TOAST THE PINE NUTS

Add pine nuts to a dry frypan over medium-high heat. Toast for 2–4 minutes until golden (see notes). Set aside.



5. TOSS THE VEGETABLES

Chop parsley (see notes). Drain and slice peppers. Toss together with roast vegetables and pine nuts.



6. FINISH AND SERVE

Toss lentils with 1/2 dressing and divide among plates. Top with roast vegetables. Serve with remaining dressing to taste.



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