




Product Spotlight: Sugar Snap Peas


Sugar snaps look like shelling peas but have a tender, crisp, small, pale green, edible pod filled with sweet juicy seeds. The pods are about 5-8cm long, and their seeds are rounder than snow peas.



K2 Pumpkin Bites and Curried Fries with Caesar Dressing

A quick and easy dinner. Crisp pumpkin bites, curried carrots and parsnips with a simple spring salad served with a "Caesar" style home-made dressing.

 25 minutes

 2 servings

 Plant-Based

16 September 2022

Keep it simple!

Save turning on the oven and pan-fry the pumpkin bites. Add the carrots to the salad and keep the parsnip for another dish.

Per serve: **PROTEIN** 20g **TOTAL FAT** 37g **CARBOHYDRATES** 48g

FROM YOUR BOX

CARROT	1
PARSNIP	1
PUMPKIN BITES	1 packet
NUTRITIONAL YEAST/ ALMOND MEAL	40g
LEMON	1
BABY COS LETTUCE	1
CHERRY TOMATOES	1 bag (200g)
SUGAR SNAP PEAS	1 packet (150g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, curry powder, maple syrup,

KEY UTENSILS

oven tray, stick mixer

NOTES

For an aioli-style dressing, add 1/2 a clove of garlic.

If you would like your salad a little warmer roast the cherry tomatoes and blanch the sugar snap peas.



1. COOK THE VEGGIE FRIES

Set oven to 220°C.

Cut carrot and parsnip into chips. Toss on a lined oven tray with **oil, 1 tsp curry powder, salt and pepper**. Cook for 15-20 minutes until tender.



2. COOK THE PUMPKIN BITES

Add pumpkin bites to tray with fries and drizzle with oil. Cook for 10-12 minutes.



3. MAKE THE DRESSING

Place nutritional yeast/almond meal into a jug along with 1/2 tsp lemon zest and juice from 1/2 lemon (wedge remaining), **3 tbsp olive oil, 1 tsp maple syrup and 3 tbsp water**. Blend to a smooth consistency and season to taste with **salt and pepper** (see notes).



4. MAKE THE SALAD

Wash and wedge or roughly chop lettuce. Halve cherry tomatoes, trim and roughly slice sugar snap peas. Arrange on a platter and drizzle with 1/2 the dressing (see notes).



5. FINISH AND SERVE

Serve pumpkin bites with fries and salad. Serve extra dressing on the side with a wedge of lemon.

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**

