



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pears

Did you know there are more than 5,000 varieties of pears, and the trees can produce fruit for up to 100 years? Pears are full of nutrients, fibre and antioxidants, so they are delicious and nutritious!



K4

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.



25 minutes



4 servings



Plant-Based

23 September 2022

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	40g	127g

FROM YOUR BOX

SWEET POTATOES	1 kg
CHERRY TOMATOES	1 packet (200g)
PEARS	2
ROSEMARY SPRIG	1
ARANCINI	8 pack
LEBANESE CUCUMBERS	2
ROCKET	1 bag (120g)
WALNUT/CRAISIN MIX	1 packet (160g)

FROM YOUR PANTRY

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

KEY UTENSILS

2 oven trays

NOTES

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, halve cherry tomatoes, slice pears and finely chop rosemary. Toss together on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes or until tender.



4. TOSS THE SALAD

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



2. COOK THE ARANCINI

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



5. FINISH AND SERVE

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



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.

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**

