DINNER TWIST
LOCAL, HEALTHY, DELIVERED

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.
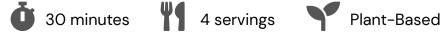
Moroccan Roast Cauliflower
with Lemon and Parsley

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   🍴 4 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
	18g	19g	53g

FROM YOUR BOX

BELUGA LENTILS	1 packet (200g)
CAULIFLOWER	1
ZUCCHINI	1
RED ONION	1
MOROCCAN SPICE MIX	1 sachet
LEMON	1
PINE NUTS	1 packet
PARSLEY	2 packets
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 onion. Toss together on a lined oven tray with Moroccan spice mix, **oil, salt and pepper**. Roast for 20 minutes until tender.

3. PREPARE THE DRESSING

Whisk together lemon zest and juice with **1/2 tsp turmeric**, **2 tbsp maple syrup** and **1/4 cup 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.

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**