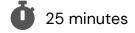




## **Pumpkin Bites and Curry Fries**

### 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.







# 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.

TOTAL FAT CARBOHYDRATES

12g

#### FROM YOUR BOX

DUTCH CARROTS	1 bunch
PARSNIPS	2
PUMPKIN BITES	1 packet
NUTRITIONAL YEAST/ ALMOND MEAL	40g
LEMON	1
GEM LETTUCE	3-pack
CHERRY TOMATOES	1 bag (200g)
SUGAR SNAP PEAS	1 packet (250g)

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

2 oven trays, 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.

Trim and wash carrots, halving any larger ones. Cut parsnips 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

Spread pumpkin bites on second lined oven tray. Drizzle with oil and 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