




### 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.



## K4 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.

 25 minutes

 4 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** 12g **TOTAL FAT** 19g **CARBOHYDRATES** 35g

## 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.



### 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).



### 2. COOK THE PUMPKIN BITES

Spread pumpkin bites on second lined oven tray. Drizzle with **oil** and cook for 10–12 minutes.



### 5. FINISH AND SERVE

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



### 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).

**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**

