



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: The Gluten Free Lab

We love the arancini made from Perth based company, The Gluten Free Lab! Covered in a crunchy crumb coating with delicious fillings – so tasty you won't want to share!



## L2 Sun-dried Tomato Arancini with Veggie Tray Bake

Sun-dried tomato arancini from Perth locals, The Gluten Free Lab, served with a colourful veggie tray bake and fresh leaves.

 25 minutes

 2 servings

 Vegetarian

22 April 2022

## Add some herbs!

*You can add some fresh basil, rosemary, oregano or thyme to the veggie traybake if you have some!*

Per serve: **PROTEIN** 15g **TOTAL FAT** 22g **CARBOHYDRATES** 74g

## FROM YOUR BOX

RED ONION	1
TOMATO	1
GREEN CAPSICUM	1
ZUCCHINI	1
SUN-DRIED TOMATO ARANCINI	8-pack
SPINACH+ROCKET MIX	1 bag (60g)

## FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika (see notes), balsamic vinegar

## KEY UTENSILS

oven tray, oven dish

## NOTES

You can substitute smoked paprika with a dried herb of your choice or fennel seeds if preferred.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge onion and tomato. Chop capsicum and zucchini. Toss in a lined oven dish with **2 tsp smoked paprika, 1 1/2 tbsp vinegar, olive oil, salt and pepper**. Roast in oven for 20 minutes until vegetables are tender.



### 2. BAKE THE ARANCINI

Place arancini on a lined oven tray. Bake for 15 minutes until warmed through.



### 3. DRESS THE LEAVES

In a large bowl whisk together **2 tsp vinegar, 2 tsp olive oil, salt and pepper**. Add spinach and rocket leaf mix. Toss with dressing to coat.



### 5. FINISH AND SERVE

Serve roasted vegetables and dressed leaves in shallow bowls with arancini.

**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**

