

**Product Spotlight:  
Zucchini**

Most of the antioxidants and fibre in zucchini are in the skin, so make sure you don't peel it before cooking!



## Baked Arancini with Mediterranean Vegetables

Cheesy crumbed arancini baked in the oven, served alongside a colourful Mediterranean vegetable stew cooked in an Italian tomato sauce.



25 minutes



4 servings



Vegetarian

14 April 2023

## Jazz it up!

*Add crumbled feta cheese or  
grated parmesan to the top of  
the ratatouille if you have some.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	26g	132g

## FROM YOUR BOX

ARANCINI	8-pack
RED ONION	1
ZUCCHINI	1
SWEET POTATO	600g
YELLOW CAPSICUM	1
TINNED CHERRY TOMATOES	400g
PEARL COUSCOUS	1 packet (300g)
BASIL	1 packet (20g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, Italian herbs, honey

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

If you have garlic at home, you can add a crushed clove to the vegetables.

**No gluten option – couscous is replaced with chickpea couscous.** Pour 400ml water into a saucepan. Season with salt and pepper. Bring to a boil and remove from heat. Add couscous and stir to combine. Cover and leave to stand for 10 minutes.



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### 1. BAKE THE ARANCINI

Set oven to 220°C.

Place arancini on a lined oven tray. Bake in oven for 10–15 minutes until golden and warmed through.



### 4. COOK THE COUSCOUS

Add pearl couscous to boiling water. Cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.



### 2. SAUTÉ THE VEGETABLES

Bring a saucepan with water to a boil.

Heat a frypan over medium-high heat with oil. Dice onion, zucchini, sweet potato and capsicum. Add to pan as you go along with **1 tbsp Italian herbs**. Cook for 5 minutes or until softened (see notes).



### 3. SIMMER THE SAUCE

Pour in tinned cherry tomatoes along with **1 tin water** and **1 tsp honey**. Simmer, semi-covered, for 15 minutes. Season with **salt and pepper** to taste.



### 5. FINISH AND SERVE

Spoon couscous into bowls along with vegetables. Top with arancini. Garnish with basil leaves.

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