



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!



L4 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

 4 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** 10g **TOTAL FAT** 19g **CARBOHYDRATES** 53g

FROM YOUR BOX

RED ONION	1
TOMATOES	2
GREEN CAPSICUM	1
RED CAPSICUM	1
ZUCCHINI	1
SUN-DRIED TOMATO ARANCINI	8-pack
SOURDOUGH ROLLS	2-pack
SPINACH+ROCKET MIX	1 bag (120g)

FROM YOUR PANTRY

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

KEY UTENSILS

2 oven trays, oven dish

NOTES

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

You can make garlic bread with the rolls. Mix crushed garlic and softened butter with herbs. Slice bread 3/4 of the way down and spread with garlic butter. Warm in oven.

No gluten option - sourdough rolls are replaced with gluten-free bread.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge onion and tomatoes. Chop capsicums and zucchini. Toss in a lined oven dish with **3 tsp smoked paprika, 2 tbsp vinegar, olive oil, salt and pepper.** Roast in oven for 20 minutes until vegetables are tender.



4. DRESS THE LEAVES

In a large bowl whisk together **1 tbsp vinegar, 1 tbsp olive oil, salt and pepper.** Add spinach and rocket leaf mix. Toss with dressing to coat.



2. BAKE THE ARANCINI

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



5. FINISH AND SERVE

Slice rolls.

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



3. WARM THE ROLLS

Place rolls (see notes) on a second lined oven tray and toast in oven for 2-3 minutes.

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**

