M

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lebanese Flatbreads

These delicious flatbreads are baked fresh and without preservatives. Store them in the fridge or freezer until you need them (they defrost very quickly) to ensure they stay fresh.

Bush Dukkah Roasted Roots

with Crispy Flatbreads

Sweet roasted beetroot and carrots with tomato bean cream, crispy flatbreads and a crunchy sprinkle of bush dukkah.

40 minutes | Plant-Based | 4/6 servings

Make wraps instead

Skip crisping the flatbreads and warm them instead. Fill with roasted vegetables, tomato bean cream, parsley and dukkah, then fold up for an easy, hands-on dinner.

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	8g	48g/41g

FROM YOUR BOX

	4 PERSON	6 PERSON
BEETROOTS	4	6
CARROTS	4	6
RED CAPSICUM	1	2
LEBANESE FLATBREADS	1 packet	1 packet
CANNELLINI BEANS	400g	2 x 400g
SUN-DRIED TOMATOES	100g	2 x 100g
GARLIC CLOVE	1	2
LEMON	1	1
PARSLEY	1 packet	1 packet
BUSH DUKKAH	1 sachet	1 sachet

FROM YOUR PANTRY

oolive oil, salt, pepper, cumin (or fennel) seeds, maple syrup

KEY UTENSILS

oven tray x 2, stick blender

NOTES

You can toss the beans and chopped sun-dried tomatoes through the roasted vegetables instead of blending them, if you prefer!

No gluten option - flatbreads are replaced with GF focaccia. Place focaccia on oven rack and toast for 10 minutes until crunchy on the outside and warmed through on the inside.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **beetroots** and **carrots** into bite-sized pieces. Slice **capsicum** into strips. Toss on a lined oven tray with **olive oil, 1 tbsp maple syrup, salt and pepper**. Roast for 25-30 minutes, or until tender and golden.



2. CRISP THE FLATBREADS

Meanwhile, tear or cut **flatbreads** into rough pieces. Toss with **olive oil, 2 tsp cumin or fennel seeds and salt**. Spread half on a second lined oven tray and bake for 6-8 minutes, or until golden and crisp. Repeat with remaining.



3. MAKE THE TOMATO CREAM

Drain and rinse **beans**, chop **sun-dried tomatoes**. Place in a jug with **peeled garlic clove, lemon juice, 1/2 cup water, 1 tbsp olive oil, salt and pepper.** Blend until smooth, adding more **water** to loosen if needed. Adjust **seasoning** to taste.

6P - use 1 cup water and 2 tbsp olive oil.



4. FINISH AND SERVE

Chop **parsley**.

Serve **tomato bean cream** with **roasted vegetables** and crispy **flatbreads**. Scatter over **parsley** and **dukkah**.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**