



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Chickpeas

Chickpeas are large white peas with a nutty flavour. Like many legumes, they are low-fat, high-protein, fibre-rich, vitamin and mineral-dense food.



## Roast Cauliflower and Chickpeas

### with Baba Ganoush

Crispy roasted chickpeas, cauliflower and carrots, served over creamy baba ganoush with a fresh ribboned zucchini, lemon and dill topping, Sicilian olives and pickled shallot.



30 minutes



4/6 servings



Plant-Based

### Spice it up!

*Switch up your spices on the roast vegetables! Try harissa paste, ground sumac, dried chilli powder or ground cumin.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	25g/21g	30g	70g/57g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	1 1/2
CARROTS	3	4
SHALLOT	1	1
LEMON	1	1
ZUCCHINI	1	1
DILL	1 packet	1 packet
CHICKPEAS	2 x 400g	2 x 400g
CLUSTER MIX	120g	120g + 60g
GREEN OLIVES	1 jar	1 jar
BABA GANOUSH	1 tub	2 tubs

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, white vinegar, sugar of choice, smoked paprika

## KEY UTENSILS

frypan, 2 oven trays

## NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

*Cluster mix: slivered almonds, pepitas, sunflower seeds*



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### 1. ROAST THE VEGETABLES

Set oven to 220°C. Cut **cauliflower** into florets and cut **carrots** into angular pieces. Toss on a lined oven tray with **oil**, **1 tbsp ground coriander**, **salt and pepper**. Roast for 25–30 minutes until vegetables are golden and tender.

**6P** – use **1 1/2 tbsp ground coriander**.



### 4. TOAST THE CLUSTER MIX

Heat a frypan over medium high heat. Add **cluster mix** and toast for 3–4 minutes until golden. Remove from heat.



### 2. MAKE THE FRESH TOPPING

Whisk together **1/4 cup vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Add thinly sliced **shallot**.

In a separate bowl, whisk **lemon zest**, **lemon juice**, **2 tbsp olive oil**, **salt and pepper**. Ribbon and add **zucchini** and chopped **dill**, toss to coat.



### 5. MAKE THE DRIZZLE OIL

Add **2 tsp smoked paprika** and **3 tbsp olive oil** to a bowl. Whisk to combine.

**6P** – use **3 tsp smoked paprika** and **5 tbsp olive oil**.



### 3. ADD THE CHICKPEAS

Drain, rinse and pat **chickpeas** dry. Toss on a second lined oven tray with **oil**, **salt and pepper**. Roast for 10–15 minutes until crispy.



### 6. FINISH AND SERVE

Drain **pickled shallot** and **olives** (roughly chop if desired).

Spoon **baba ganoush** onto plates. Add **roasted vegetables** and **chickpeas**. Add **fresh topping**. Garnish with **cluster mix** and **drizzle oil**.

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