



Product Spotlight: Beetroot

Our healthy and delicious WA beets contain nutrients like potassium, magnesium, folate and vitamin C. On top of that, they can help reduce blood pressure, improve circulation and are great for eye health



Roasted Beets and Lentils with Creamy Dill Dollop

Balsamic and cumin seed roasted root veggies tossed with puy lentils, crunchy cucumbers and fresh rocket leaves finished with a dollop of dill skordalia.



40 minutes



4 servings



Plant-Based

Mix it up!

Swap the cumin seeds for some Moroccan seasoning. Add some pomegranate molasses to the tray with the lemon when adding the lentils. Serve with some brown rice or couscous if you need to feed extras.

Per serve: **PROTEIN** 8g **TOTAL FAT** 54g **CARBOHYDRATES** 36g

FROM YOUR BOX

BEETROOTS	3
CARROTS	4
RED ONION	1
PUY LENTILS	200g
DILL	1 packet
LEMON	1
SKORDALIA	1 tub
LEBANESE CUCUMBERS	2
ROCKET	120g

FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds, balsamic vinegar

KEY UTENSILS

saucepan, oven dish

NOTES

You can arrange all components on one large platter and take it to the table for sharing if you prefer.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **beetroots** and roughly chop **carrots**. Wedge **onion**. Toss in a large lined oven dish with **3 tbsp balsamic vinegar**, **2 tbsp olive oil**, **2 tsp cumin seeds**, salt and pepper. Roast for 25–30 minutes.



2. COOK THE LENTILS

Place **lentils** in a saucepan and cover with water. Bring to the boil and simmer over medium heat for 15–20 minutes, or until tender but still firm. Drain and rinse.



3. MAKE THE DILL SAUCE

Chop **dill** and zest 1/2 **lemon**. Mix into **skordalia** (add a little water if you prefer a more runny consistency!)



4. PREPARE THE FRESH SALAD

In a bowl whisk together **1 tbsp olive oil** and **1 tbsp balsamic vinegar**. Slice and add **cucumbers** and **rocket**. Toss well and season to taste with **salt and pepper**.



5. TOSS THE LENTILS

Add the lentils into the roasted vegetable tray. Squeeze in lemon juice to taste (we used 1/2 lemon) and toss well to coat. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide salad and roasted vegetables among plates (see notes). Dollop with dill skordalia and serve with extra lemon wedges.



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