



### Product Spotlight: Basil

Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestion and boosts immunity.



## Arancini with Mediterranean Roast Veggies

Sun-dried tomato arancini from the Gluten Free Lab with an almond basil pesto, served with roast oregano vegetables.



30 minutes



2 servings



Plant-Based

### Spice it up!

*You can add olives, capers or sun-dried tomatoes to the veggies for a more exciting dish. Fresh rosemary, oregano or thyme also works well on the vegetables.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	35g	115g

## FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
SPRING ONIONS	1 bunch
CHERRY TOMATOES	200g
SWEET POTATO	400g
LEMON	1
ARANCINI	400g
BASIL	1 packet
ALMONDS	1 packet

## FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano

## KEY UTENSILS

2 oven trays, small food processor or blender

## NOTES

If you don't have a small food processor you can toss the basil leaves and almonds through the vegetables instead. Serve the arancini with lemon wedges.



### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice **zucchini** and **capsicum**. Cut **spring onions** into 4cm lengths. Halve **tomatoes** and dice **sweet potato**. Toss together on a lined oven tray.



### 2. ROAST THE VEGETABLES

Stir through 1 tsp **lemon** zest, juice from 1/2 lemon, 1/2 tsp dried oregano and **1 tbsp olive oil**. Season with **salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



### 3. BAKE THE ARANCINI

Place **arancini** on a second lined oven tray. Bake in oven for 10–15 minutes until heated through.



### 4. MAKE THE PESTO

Meanwhile, pick and roughly chop **basil** leaves. Add to a small food processor with **almonds**, juice from remaining lemon and **1 tbsp olive oil** until it reaches a chunky pesto consistency (see notes). Loosen with **2 tbsp water** and season with **salt and pepper**.



### 5. FINISH AND PLATE

Divide vegetables and arancini among plates. Serve with pesto dipping sauce.



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