



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



4 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** 17g **TOTAL FAT** 35g **CARBOHYDRATES** 65g

FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
SPRING ONIONS	1 bunch
CHERRY TOMATOES	2 x 200g
SWEET POTATO	300g
TINNED ARTICHOKE	400g
LEMON	1
ARANCINI	8 pack
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. Dice sweet potato (3cm) and drain artichokes. Toss all together on a lined oven tray.



2. ROAST THE VEGETABLES

Stir through lemon zest, juice from 1/2 lemon, **1 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 1/2 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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