

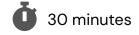




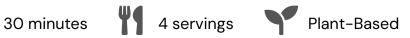
Arancini

with Mediterranean Roast Veggies

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







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.

TOTAL FAT CARBOHYDRATES

11g

60g

FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
SPRING ONIONS	1 bunch
CHERRY TOMATOES	2 x 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. Dice sweet potato (3cm). 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.





