



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pistachios

The pistachio nut is also known as the 'happy' nut because of its bright green colour. They are also loved for being a good source of protein and healthy fats!



Lebanese Roast Cauliflower with Mint and Pistachios

Roast cauliflower and crispy chickpeas with warm flavours of cinnamon and cardamom tossed with buckwheat, mint and a lemon maple dressing with pops of sweetness from dried cranberries.



35 minutes



4/6 servings



Plant-Based

Add more!

You can easily add more vegetables to this dish! Roasted zucchini, mushrooms or capsicum work well. Add some fresh parsley or rocket leaves if you have some.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	18g/13g	11g/10g	52g/48g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUCKWHEAT	2 x 100g	3 x 100g
CAULIFLOWER	1	2
TINNED CHICKPEAS	2 x 400g	2 x 400g
RED ONION	1	1
SHAWARMA SPICE MIX	1 packet	2 packets
LEMON	1	2
MINT	1 packet	2 packets
CRANBERRY/PISTACHIO MIX	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup

KEY UTENSILS

saucepan, oven tray

NOTES

Pat chickpeas dry with a paper towel for an extra crispy finish.

Shawarma spice mix: ground cinnamon, cardamom, coriander, turmeric, sumac, smoked paprika, cumin.



1. COOK THE BUCKWHEAT

Set oven to 220°C.

Place **buckwheat** in a saucepan and cover with water. Bring to a boil and cook for 10–15 minutes until tender. Drain and rinse.



4. FINISH AND SERVE

Roughly chop **mint leaves**. Toss all together with **roast vegetables, chickpeas, dressing, cranberry and pistachio mix**. Divide among plates and serve.

6P – serve with remaining 1/2 lemon cut into wedges.



2. ROAST THE CAULIFLOWER

Cut **cauliflower** into small florets. Drain **chickpeas** (see notes). Wedge **red onion**. Toss all on a lined oven tray with **spice mix, oil, salt and pepper**. Roast in oven for 20–30 minutes until cooked through.

6P – roast chickpeas on a separate tray if needed.



3. PREPARE THE DRESSING

Whisk together **zest and juice from lemon** with **2 tbsp maple syrup** and **3 tbsp olive oil**. Season with **salt and pepper**.

6P – whisk together zest and juice from 1 1/2 lemon with 3 tbsp maple syrup and 4 tbsp olive oil.



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