



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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.

 35 minutes

 4/6 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** 21g **TOTAL FAT** 22g **CARBOHYDRATES** 71g

## FROM YOUR BOX

	4 PERSON	6 PERSON
ZUCCHINI	1	1
YELLOW CAPSICUM	1	1
RED ONION	1	1
CHERRY TOMATOES	200g	2x 200g
SWEET POTATO	800g	1.2kg
LEMON	1	1
ARANCINI	2 packets	3 packets
BASIL	60g	2 x 60g
ALMONDS	40g	80g

## 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.



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### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice **zucchini** and **capsicum**. Cut **red onion** into wedges. Dice **sweet potato** (3cm). Toss together with **cherry tomatoes** on a lined oven tray.



### 2. ROAST THE VEGETABLES

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

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

**6p** - use **3 tbsp olive oil** and loosen with **4–5 tbsp water**.



### 5. FINISH AND PLATE

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

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

