



Product Spotlight: Rocket

Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



Baked Arancini with Parmesan Rocket Salad

Truffle mushroom arancini baked in the oven until golden and oozy and served alongside a balsamic roast vegetable salad with rocket and shaved parmesan cheese.



25 minutes



2 servings



Vegetarian

Cook it on the BBQ!

You can cook the arancini on the BBQ hotplate! Flatten them with a spatula to form a patty, and cook them until golden and crispy on each side. The vegetables can also be barbecued.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	53g	98g

FROM YOUR BOX

SWEET POTATO	400g
RED CAPSICUM	1
ARANCINI	1 packet
SHALLOT	1
ROCKET LEAVES	1 bag (60g)
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar, 1 garlic clove

KEY UTENSILS

oven tray

NOTES

You can add some maple syrup or honey to the dressing for extra sweetness. Raw garlic can be quite strong, start with 1/2 crushed clove and add more to taste.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice or dice sweet potato. Slice capsicum. Toss on one side of a lined oven tray with **1 tsp oregano, oil, salt and pepper**. Roast for 10 minutes.



2. BAKE THE ARANCINI

Remove tray from oven and add arancini. Return to bake for a further 10-15 minutes until everything is cooked through.



3. PREPARE THE DRESSING

Crush **1/2 garlic clove** and whisk together with **1 tbsp balsamic vinegar, 2 tbsp olive oil, salt and pepper** in a large bowl (see notes).



4. PREPARE THE SALAD

Slice shallot. Toss with rocket leaves and parmesan (to taste) in dressing bowl.



5. FINISH AND SERVE

Layer salad components with roast vegetables. Serve with arancini.



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