



**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.

**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.*

 25 minutes

 2 servings

 Vegetarian

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	33g	62g

## FROM YOUR BOX

SWEET POTATO	400g
RED CAPSICUM	1
ARANCINI	1 packet
GARLIC CLOVE	1
SHALLOT	1
ROCKET LEAVES	60g
PARMESAN CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

## 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.



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### 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

Add crushed garlic clove (see notes) to a large bowl along with **1 tbsp balsamic vinegar, 2 tbsp olive oil, salt and pepper**.



### 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.

**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**

