

**Product Spotlight:  
Saffron**

Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



# Honey Saffron Carrots

## with Puy Lentils

Cumin seed roasted carrots and beetroots tossed with roasted feta cheese served over puy lentils and rocket leaves, finished with a drizzle of honey saffron sauce.



30 minutes



2 servings



Vegetarian

## Bulk it up!

*Serve this dish with poached eggs, or tossed through a cooked grain such as buckwheat or quinoa to bulk it up.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	67g	43g

## FROM YOUR BOX

PUY LENTILS	100g
DUTCH CARROTS	1 bunch
BEETROOTS	2
FETA CHEESE	1 packet
SAFFRON	1 packet
HONEY SHOT	1
FLAKED ALMONDS	40g
ROCKET LEAVES	120g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar, cumin seeds (see notes)

## KEY UTENSILS

2 saucepans, oven tray, frypan (optional)

## NOTES

Fennel seeds, ground cumin and ground coriander are all great substitutes for cumin seeds.

Crumble the feta on top to serve if you prefer!



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### 1. COOK THE LENTILS

Set oven to 220°C.

Place lentils in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.



### 4. MAKE THE SAUCE

Add saffron, honey, **1/3 cup olive oil**, **1 tbsp water** and **1 1/2 tbsp vinegar** to a small saucepan. Bring to a simmer then take off heat. Whisk to combine and season with **salt and pepper**.



### 2. ROAST THE VEGETABLES

Trim dutch carrots. Cut beetroots in chunks. Toss on a lined oven tray with **oil**, **2 tbsp cumin seeds**, **salt and pepper**. Roast for 15 minutes (see step 3).



### 3. ADD THE FETA

Cut feta cheese into quarters and drizzle with **oil** (see notes). Add to oven tray and roast for further 10 minutes or until vegetables are tender.



### 5. TOAST THE ALMONDS

Optional: add almonds to a dry frypan. Toast for 2–3 minutes until almonds are golden. Remove from heat.



### 6. FINISH AND SERVE

Gently toss lentils with roast vegetables on the oven tray.

Arrange rocket leaves on a large platter. Top with tossed roast vegetables, lentils and feta. Drizzle with honey saffron sauce to serve.

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