



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



4 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
	27g	36g	36g

FROM YOUR BOX

PUY LENTILS	1 packet (200g)
DUTCH CARROTS	1 bunch
CARROTS (REGULAR)	2
BEETROOTS	3
FETA CHEESE	1 packet
SAFFRON	1 packet
HONEY SHOT	2
FLAKED ALMONDS	1 packet (40g)
ROCKET LEAVES	1 bag (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!



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.



2. ROAST THE VEGETABLES

Trim dutch carrots. Cut regular carrots and beetroots in angular pieces. 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.



4. MAKE THE SAUCE

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



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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