




### Product Spotlight: Hemp Seeds


Hemp seeds are a sustainable food source. They require a relatively small amount of water and grow abundantly without chemicals.



## 1 Spring Rice Salad with Cashew Cream Cheese

Black rice tossed in a zesty lemon dressing, served with roasted vegetables, fresh rocket, cashew cream cheese and hemp seeds.

 35 minutes

 2 servings

 Plant-Based

8 October 2021

## Take it outside!

*As the weather warms up, we know it's nice not to turn the oven on, so cook your vegetables on the BBQ instead of roasting them, if you like.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 17g **CARBOHYDRATES** 71g

## FROM YOUR BOX

BLACK RICE	1 packet (150g)
DUTCH CARROTS	1 bunch
RED ONION	3/4 *
ZUCCHINI	1/2 *
LEMON	1
ROCKET LEAVES	1/2 bag (60g) *
CASHEW CREAM CHEESE	1/2 jar *
HEMP SEEDS	1 packet (10g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds

## KEY UTENSILS

oven tray, saucepan

## NOTES

If you don't have fennel seeds you can replace them with cumin seeds or coriander seeds.



### 1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



### 2. ROAST THE VEGETABLES

Trim dutch carrots and halve any larger ones, wedge red onion and slice zucchini. Toss on a lined oven tray with **oil, 1 tsp fennel seeds, salt and pepper**. Roast for 15–20 minutes until tender.



### 3. MAKE THE DRESSING

Zest and juice half lemon (slice remaining). Add to a large bowl and whisk with **2 tbsp olive oil, salt and pepper**.



### 4. DRESS THE VEGETABLES

Add rice to bowl with dressing along with roasted vegetables and rocket. Toss until well coated.



### 5. FINISH AND SERVE

Arrange tossed rice and vegetables on a platter. Dollop with cashew cream cheese, sprinkle on hemp seeds and serve with lemon slices.

**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](mailto:hello@dinnertwist.com.au)

