



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beetroot

Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. On top of that they can help reduce blood pressure, improve circulation and are great for the health of our eyes!



4 Smashed Arancini with Mint Sauce

Sun-dried tomato arancini from The Gluten Free Lab served with roast beetroot salad and a zingy mint sauce.



30 minutes



2 servings



Plant-Based

10 December 2021

Switch it up!

If you don't want to make the mint sauce simply add the mint to the salad and make a quick dressing with the lemon juice and olive oil.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	30g	79g

FROM YOUR BOX

BETROOTS	2
MINT	1 bunch
LEMON	1
SUN-DRIED TOMATO ARANCINI	1 packet
SNOW PEAS	1 bag (150g)
ROCKET	1 bag (120g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice, maple syrup

KEY UTENSILS

frypan, oven tray, stick mixer or small blender

NOTES

Alternatively you can cook the arancini in the oven with the beetroot for 10-12 minutes or until warmed through.



1. ROAST THE BEETROOTS

Set oven to 220°C.

Wedge beetroots and toss on a lined oven tray with **oil, salt and pepper**. Roast for 15-20 minutes or until tender.



2. MAKE THE MINT SAUCE

Roughly chop mint leaves (reserve half). Zest and juice 1/2 lemon (wedge remaining). Use a stick mixer to blend with **2 tbsp olive oil, 1 tsp maple syrup, salt and pepper** to a smooth consistency.



3. COOK THE ARANCINI

Heat a frypan over medium-high heat with **oil**. Add arancini and flatten slightly with a spatula. Cook for 4 minutes each side until crispy and warmed through (see notes).



4. TOSS THE SALAD

Trim and slice snow peas. Add to a bowl with reserved mint, rocket and roasted beetroots. Toss with 1/2 the mint dressing until well coated.



5. FINISH AND SERVE

Divide salad among plates. Serve with arancini, lemon wedges and drizzle with remaining mint dressing.

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**

