



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Basil


Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestion and boosts immunity.



1 Arancini with Mediterranean Roast Veggies

Sun-dried tomato arancini from the Gluten Free Lab with an almond basil pesto, served with roast oregano vegetables.

 30 mins

 2 servings

 Plant-Based

1 March 2021

Spice it up!

You can add olives, capers or sun-dried tomatoes to the veggies for a more exciting dish. Fresh rosemary, oregano or thyme also works well on the vegetables.

Per serve: **PROTEIN** 23g **TOTAL FAT** 53g **CARBOHYDRATES** 107g

FROM YOUR BOX

ZUCCHINI	1/2 *
YELLOW CAPSICUM	1
SPRING ONIONS	2 *
CHERRY TOMATOES	1/2 bag (200g) *
SWEET POTATO	300g *
LEMON	1
ARANCINI	8 pack
ALMONDS	1/2 packet *
BASIL	1 packet (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano

KEY UTENSILS

2 oven trays, small food processor or blender

NOTES

If you don't have a small food processor you can toss the basil leaves and almonds through the vegetables instead. Serve the arancini with lemon wedges.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice zucchini and capsicum. Cut spring onions into 4cm lengths. Halve tomatoes and dice sweet potato. Toss together on a lined oven tray.



2. ROAST THE VEGETABLES

Stir through 1 tsp lemon zest, juice from 1/2 lemon, **1/2 tsp dried oregano** and **1 tbsp olive oil**. Season with **salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



3. BAKE THE ARANCINI

Place arancini on a lined oven tray. Bake in oven for 10–15 minutes until heated through.



4. MAKE THE PESTO

Meanwhile, pick and roughly chop basil leaves. Add to a small food processor with 1/2 the almonds, juice from remaining 1/2 lemon and **1 tbsp olive oil** until it reaches a chunky pesto consistency (see notes). Loosen with **3 tbsp water** and season with **salt and pepper**.



5. FINISH AND PLATE

Divide vegetables and arancini among plates. Serve with pesto dipping sauce.

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**

