




Product Spotlight: Cucumber


Cucumber consists of 96% water! It helps flush out toxins in your body. All that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



3 Harissa Lentils and Pumpkin Bites

Filling puy lentils cooked in harissa paste, served with a fresh salad of carrot, beetroot, cucumber and mint, and baked pumpkin bites.

 30 mins

 2 servings

 Plant-Based

7 May 2021

Spice it up!

For some extra texture and flavour, sprinkle some Dukkah over your finished dish.

Per serve: **PROTEIN** 32g **TOTAL FAT** 27g **CARBOHYDRATES** 108g

FROM YOUR BOX

BROWN ONION	1/2 *
HARISSA PASTE	1
PUY LENTIL	150g
WALNUT PATE	1 tbsp *
PUMPKIN BITES	1 packet
CARROT	1
BEETROOT	1
MINT	1 packet
LEBANESE CUCUMBER	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar, dried oregano

KEY UTENSILS

large frypan, oven tray

NOTES

A dollop of hommus or coconut yoghurt would make a great addition to this dish.



1. SAUTÉ THE AROMATICS

Set oven to 220°C.

Heat a frypan over medium-high heat with **oil**. Dice onion, add to pan with harissa paste. Cook stirring for 3-5 minutes.



2. COOK THE LENTILS

Add lentils to frypan with **2 cups water**. Cover and simmer for 15-20 minutes until lentils are tender. Add more water if needed. Stir through 1 tbsp walnut pate. Season with **salt and pepper**.



3. ROAST PUMPKIN BITES

Spread pumpkin bites on a lined oven tray. Drizzle with **oil** and roast for 10-12 minutes.



4. MAKE THE DRESSING

In a bowl, whisk together **1 tbsp olive oil**, **1 tbsp vinegar**, **1 tsp oregano**, **salt and pepper**.



5. TOSS THE SALAD

Ribbon carrot, julienne or grate beetroot. Roughly chop mint and dice cucumber. Toss together prepared vegetables and dressing.



6. FINISH AND PLATE

Divide lentils evenly among shallow bowls, top with pumpkin bites and serve with salad (see notes).

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**

