




Product Spotlight: Pepita Seeds


With a wide variety of nutrients like magnesium, copper, protein and zinc, pepita seeds are nutritional powerhouses which can give your health an added boost.



4 Fritter Bites with Pumpkin Salad & Green Pesto

Golden sweet corn fritter bites with a creamy avocado and pepita seed pesto, served alongside a roast pumpkin and beetroot salad.

 35 minutes

 2 servings

 Plant-Based

28 September 2020

Mix it up!

If you don't feel like making the pesto you can slice the avocado and add to the salad instead. Sprinkle with pepita seeds at the end and serve fritter bites with relish or chutney of choice.

Per serve: **PROTEIN** 16g **TOTAL FAT** 40g **CARBOHYDRATES** 76g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
BEETROOT	1
FESTIVAL LETTUCE	1/2 *
ALFALFA SPROUTS	1/2 punnet *
AVOCADO	1
PARSLEY	1/3 bunch *
LEMON	1/2 *
PEPITA SEEDS	1 packet (40g)
SWEET CORN FRITTERS BITES	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, ground coriander, vinegar of choice

KEY UTENSILS

oven tray, frypan, stick mixer or blender

NOTES

Use balsamic vinegar for the dressing if you have some.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin and beetroot. Toss on a lined oven tray with **1 tsp smoked paprika**, **1 tsp ground coriander**, **oil**, **salt and pepper**. Roast in oven for 20-25 minutes.



2. PREPARE THE SALAD

Roughly tear and rinse lettuce. Set aside with alfalfa sprouts.

Whisk together **1 tbsp vinegar** and **1 tbsp olive oil** (see notes). Set aside.



3. MAKE THE PESTO

Roughly chop avocado and parsley. Blend together with lemon juice, pepita seeds, **1 tsp vinegar** and **1 tbsp water** until smooth. Season with **salt and pepper** to taste. Set aside.



4. COOK THE FRITTERS

Heat a frypan over medium-high heat with **oil**. Cook fritters for 2-3 minutes each side or until heated through.



5. FINISH AND PLATE

Toss salad (or arrange on plates) with roast vegetables and dressing. Serve with a side of corn fritter bites and pesto.

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**

