



### Product Spotlight: Dill

Back in the day it was believed that dill had magical powers and could save you from both witchcraft and nightmares! Nowadays we know dill is great to calm the digestive system among many other benefits.



## 4 Spring Onion Fritters with Dill Red Rice

A lemon and dill red rice salad with cranberries and pine nuts. Served with savoury spring onion fritters and coconut yoghurt sauce.



30 minutes



2 servings



Plant-Based

11 January 2021

## Spice it up!

*You can add a dried herb or spice such as sumac and chilli flakes to the yoghurt sauce for a more exciting flavour!*

Per serve: **PROTEIN** 26g **TOTAL FAT** 62g **CARBOHYDRATES** 112g

## FROM YOUR BOX

RED RICE	150g
CELERY STICK	1
BABY WOMBOK	1/2 *
CRANBERRY/PINE NUT MIX	1 packet (40g)
LEMON	1
DILL	1 packet
COCONUT YOGHURT	1 tub (120g)
SPRING ONIONS	2 *
FRITTER MIX	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

Separate and rinse the wombok cabbage leaves before slicing.

When zesting the lemon, try to not zest the pith which is the white part as it adds bitterness to the dressing.



### 1. COOK THE RICE

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



### 2. PREPARE THE SALAD

Slice celery and wombok (see notes). Toss together with cranberry/pine nut mix.

Whisk together lemon zest, juice and 1/4 cup olive oil. Add chopped dill. Set aside.



### 3. PREPARE THE SAUCE

Combine 1 tbsp of lemon dressing with coconut yoghurt. Season with **salt and pepper**.



### 4. MAKE THE FRITTERS

Slice spring onions. Add to a bowl with fritter mix. Add **1 cup cold water** and stir to combine.



### 5. COOK THE FRITTERS

Heat a frypan over medium–high heat with **oil**. Scoop 1/4 cupfuls of fritter mix into pan. Cook for 3–4 minutes until slightly bubbly. Flip the fritters over with a spatula and cook for 3–4 minutes until set. Repeat with remaining mixture, add more **oil** to pan if needed.



### 6. FINISH AND PLATE

Toss lemon dressing with salad and rice. Divide among plates along with fritters. Serve with coconut yoghurt sauce for dipping.

**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)

