



Product Spotlight: Hemp Seeds

Hemp seeds are a sustainable food source. They require a relatively small amount of water and grow abundantly without chemicals.



1 Spring Rice Salad with Cashew Cream Cheese

Black rice tossed in a zesty lemon dressing, served with roasted vegetables, fresh rocket, cashew cream cheese and hemp seeds.

 35 minutes

 2 servings

 Plant-Based

8 October 2021

Take it outside!

As the weather warms up, we know it's nice not to turn the oven on, so cook your vegetables on the BBQ instead of roasting them, if you like.

Per serve: **PROTEIN** 15g **TOTAL FAT** 17g **CARBOHYDRATES** 71g

FROM YOUR BOX

BLACK RICE	1 packet (150g)
DUTCH CARROTS	1 bunch
RED ONION	3/4 *
ZUCCHINI	1/2 *
LEMON	1
ROCKET LEAVES	1/2 bag (60g) *
CASHEW CREAM CHEESE	1/2 jar *
HEMP SEEDS	1 packet (10g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds

KEY UTENSILS

oven tray, saucepan

NOTES

If you don't have fennel seeds you can replace them with cumin seeds or coriander seeds.



1. COOK THE RICE

Set oven to 220°C.

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



2. ROAST THE VEGETABLES

Trim dutch carrots and halve any larger ones, wedge red onion and slice zucchini. Toss on a lined oven tray with **oil, 1 tsp fennel seeds, salt and pepper**. Roast for 15–20 minutes until tender.



3. MAKE THE DRESSING

Zest and juice half lemon (slice remaining). Add to a large bowl and whisk with **2 tbsp olive oil, salt and pepper**.



4. DRESS THE VEGETABLES

Add rice to bowl with dressing along with roasted vegetables and rocket. Toss until well coated.



5. FINISH AND SERVE

Arrange tossed rice and vegetables on a platter. Dollop with cashew cream cheese, sprinkle on hemp seeds and serve with lemon slices.

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**

