



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Oregano

Fresh oregano is widely used in Mediterranean cooking. If you have any leftover you can hang it to dry in a dark, dry spot.

# 1 Pumpkin Arancini with Roast Oregano Veggies

Pumpkin arancini balls from the Gluten Free Lab, paired with roast Mediterranean vegetables and a chargrilled capsicum dipping sauce.

30 minutes

2 servings



Plant-Based

5 October 2020

## Spice it up!

These roast veggies are also great with fresh rosemary, lemon zest or dried chilli flakes!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES  
18g 39g 96g

## FROM YOUR BOX

|                          |                  |
|--------------------------|------------------|
| POTATOES                 | 400g             |
| ZUCCHINI                 | 1                |
| CHERRY TOMATOES          | 1 bag (200g)     |
| OREGANO                  | 1/2 packet *     |
| ARANCINI BALLS           | 8 pack           |
| LEMON                    | 1/2 *            |
| MESCLUN LEAVES           | 1/2 bag (100g) * |
| CHARGRILLED CAPSICUM DIP | 1 tub (100g)     |

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## KEY UTENSILS

2 oven trays

## NOTES

Sometimes fresh oregano leaves can be sandy. To remove any sand you can soak the leaves in a bowl of water for a minute or use a salad spinner.



### 1. ROAST THE VEGGIES

Set oven to 220°C.

Dice potatoes, zucchini and halve tomatoes. Toss together with oregano leaves (see notes), **oil, salt and pepper**. Roast in oven for 20–25 minutes until tender and cooked through.



### 2. BAKE THE ARANCINI

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



### 3. PREPARE THE SALAD

Whisk together lemon juice and **2 tbsp olive oil**. Toss with mesclun leaves.



### 4. FINISH AND PLATE

Divide roast veggies, arancini balls and salad among plates. Serve with char grilled capsicum dip.

**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**

