



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Parsnip

Parsnips are a great source of soluble fibre which is important for creating healthy movement of food through the digestive tract. This can help to reduce constipation and other gastrointestinal disorders.



## 3 Carrot and Parsnip Rosti

Oven-baked carrot and parsnip rostis, served with cashew cream cheese and a fresh olive and lemon salad.

 35 mins

 2 servings

 Plant-Based

3 September 2021

*Save the recipe!*

*This carrot and parsnip rosti recipe would make a great breakfast. Save the recipe for the next time you want to make someone a special breakfast.*

Per serve: **PROTEIN** 16g **TOTAL FAT** 44g **CARBOHYDRATES** 40g

## FROM YOUR BOX

CARROTS	2
PARSNIPS	2
CHICKPEA FLOUR MIX	1 packet (35g)
LEMON	1/2 *
CELERY STICKS	2
PARSLEY	1/2 bunch *
OLIVES	1/2 jar *
ROCKET & SPINACH LEAVES	1 bag (120g)
CASHEW CREAM CHEESE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, cumin seeds

## KEY UTENSILS

oven tray, frypan

## NOTES

The chickpea flour mix is made up of chickpea flour and flaxseeds. This will bind your rosti mixture together.

If you have a food processor with grater attachment you can use it to save time.

If you have spare time, you can cook the rostis in an oiled frypan over medium-high heat for 7-8 minutes each side.



### 1. PREPARE ROSTIS

Set oven to 220°C.

Grate carrots and parsnips (see notes). Mix in a bowl with chickpea flour and **1-2 tbsp water**. Season with **salt and pepper**.



### 2. BAKE THE ROSTI

Line an oven tray. Form mixture into 3-4 rostis and flatten onto tray. Bake for 15-20 minutes or until golden and edges are crispy (see notes).



### 3. MAKE THE DRESSING

Heat a frypan over medium-high heat with **1 tbsp oil**. Add **1/2 tbsp cumin seeds**. Cook for 3-4 minutes until toasted add the **seeds and oil** to a bowl with 1 tbsp lemon juice, **salt and pepper**. Whisk to combine.



### 4. PREPARE SALAD

Thinly slice celery. Roughly chop parsley leaves. Drain and slice olives. Add to a large bowl with rocket and spinach leaves. Toss in dressing until well coated.



### 5. FINISH AND SERVE

Divide rostis among plates, top with dollops of cashew cream cheese and serve with fresh salad.

**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)

