



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Almonds

Almonds contain lots of healthy fats, fibre and protein. As part of a healthy diet, they can help lower blood sugar levels, reduce hunger and promote weight loss!



3 Moroccan Pumpkin & Borlotti Beans

A warm and rich stew of Moroccan spiced pumpkin and borlotti beans and hearty vegetables, finished with parsley and lemon for brightness.



30 mins



2 servings



Plant-Based

Spice it up!

Dried or fresh mint pairs beautifully with Moroccan style flavours. If you have some in the pantry you can add it to the vegetables as they cook.

FROM YOUR BOX

SPRING ONIONS	2 *
CELERY STICKS	2
ZUCCHINI	1/2 *
DICED PUMPKIN	1/2 bag (300g) *
CHERRY TOMATOES	1 bag (200g)
GARLIC	1 clove *
STOCK PASTE	1 jar
ALMONDS	1/2 packet (40g) *
TINNED BORLOTTI BEANS	400g
PARSLEY	1/2 bunch *
LEMON	1/2 *

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt and pepper, ground coriander, ground turmeric

KEY UTENSILS

large frypan with lid, small frypan

NOTES

If your parsley is a little sandy you can soak the leaves in water and dry them in a salad spinner before using.



1. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **1 tbsp olive oil**. Slice spring onions, celery and zucchini. Add to pan along with pumpkin, tomatoes and 1 crushed garlic clove.



2. SIMMER THE STEW

Stir in **2 tsp ground coriander** and **2 tsp ground turmeric**. Stir in stock paste and cook for 4–5 minutes until vegetables have softened. Pour in **2 cups water**. Increase heat to medium–high, cover and simmer for 10 minutes.



4. ADD THE BEANS

Drain and stir beans through stew. Season with **salt and pepper** to taste. Cook for a further 5 minutes.

Chop parsley and wedge lemon.

5. FINISH AND PLATE

Divide stew among bowls. Garnish with parsley and almonds. Serve with lemon wedges.

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**

