



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Harissa Paste


Harissa is a hot, aromatic paste made up of chilli and assorted spices and herbs. It's widely used in North African and Middle Eastern cuisines to flavour stews, soups, couscous and dips.



4 Harissa Lentils with Savoury Pancake

Lentils and cherry tomatoes cooked in harissa, served with savoury pancakes and fresh vegetables.

 30 minutes

 2 servings

 Plant-Based

24 September 2021

Bulk it up!

If you have spare vegetables in your fridge like zucchini, spinach or kale, chop or grate them and add to your pancake mixture to bulk it up.

Per serve: **PROTEIN** 14g **TOTAL FAT** 15g **CARBOHYDRATES** 45g

FROM YOUR BOX

ONION BHAJI MIX	1 packet
TINNED LENTILS	400g
CHERRY TOMATOES	1/2 bag (100g) *
GREEN BEANS	1/2 bag (75g) *
HARISSA PASTE	1 sachet
ROCKET	1 packet (60g)
SNOW PEA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried mint, white wine vinegar

KEY UTENSILS

2 frypans

NOTES

If you don't have dried mint, you can use dried oregano or Italian herbs instead.

This will make roughly 4 pancakes.



1. PREPARE PANCAKES

In a large bowl mix together onion bhaji mix with **1 cup water**.



2. COOK THE PANCAKES

Heat a frypan over medium-high heat with **oil**. In batches, cook 1/4 cup pancake mix for 2-4 minutes each side until golden (see notes). Remove pancakes to serving plates once they are cooked.



3. SAUTÉ THE LENTILS

Meanwhile, heat a second frypan over medium-high heat with **oil**. Drain and rinse lentils, halve tomatoes, trim and slice green beans. Add to pan along with harissa paste and **2 tbsp water**. Cook for 5-7 minutes until beans are tender.



4. DRESS GREENS

In a large bowl, whisk together **1 tbsp olive oil**, **1/2 tbsp vinegar**, **1/2 tsp dried mint**, **salt and pepper**. Add rocket and snow pea sprouts to the dressing. Toss until well coated.



5. FINISH AND SERVE

Top pancakes with lentils and greens.

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**

