



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Basil

Basil helps restore the body's natural pH levels and feeds healthy bacteria within the gut microflora. A healthy gut promotes good digestion and boosts immunity.



## 1 Arancini with Mediterranean Roast Veggies

Sun-dried tomato arancini from the Gluten Free Lab with an almond basil pesto, served with roast oregano vegetables.



30 mins



4 servings



Plant-Based

1 March 2021

### Spice it up!

*You can add olives, capers or sun-dried tomatoes to the veggies for a more exciting dish. Fresh rosemary, oregano or thyme also works well on the vegetables.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	35g	65g

## FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
SPRING ONIONS	1/3 bunch *
CHERRY TOMATOES	1 bag (400g)
BUTTERNUT PUMPKIN	1
TINNED ARTICHOKE	400g
LEMON	1
ARANCINI	8 pack
BASIL	1 packet (60g)
ALMONDS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, dried oregano

## KEY UTENSILS

2 oven trays, small food processor or blender

## NOTES

If you don't have a small food processor you can toss the basil leaves and almonds through the vegetables instead. Serve the arancini with lemon wedges.



### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice zucchini and capsicum. Cut spring onions into 4cm lengths. Halve tomatoes. Dice pumpkin (3cm) and drain artichokes. Toss all together on a lined oven tray.



### 2. ROAST THE VEGETABLES

Stir through lemon zest, juice from 1/2 lemon, **1 tsp dried oregano** and **1 tbsp olive oil**. Season with **salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



### 3. BAKE THE ARANCINI

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



### 4. MAKE THE PESTO

Meanwhile, pick and roughly chop basil leaves. Add to a small food processor with almonds, juice from remaining 1/2 lemon and **1 tbsp olive oil** until it reaches a chunky pesto consistency (see notes). Loosen with **1/2 cup water** and season with **salt and pepper**.



### 5. FINISH AND PLATE

Divide vegetables and arancini among plates. Serve with pesto dipping sauce.

**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**

