



Product Spotlight: Sunflower Seeds

Sunflower seeds are a plant-based protein winner. They are delicious as a snack or topping for salads, smoothie bowls, soups and dips! You can also blend them to make your own sunflower-seed butter.



1 Veggie Fritters with Sunflower Seed Dressing

A simple share salad platter with golden roasted pumpkin, veggie fritters and a cheesy sunflower seed dressing.



30 minutes



4 servings



Plant-Based

4 January 2021

Spice it up!

You can add a ground spice of choice to the pumpkin before it roasts. Stretch the dish and serve with some pita breads or wraps.

Per serve: **PROTEIN** 10g **TOTAL FAT** 10g **CARBOHYDRATES** 39g

FROM YOUR BOX

DICED PUMPKIN	1 bag (500g)
VEGGIE FRITTERS	2 packets
SUNFLOWER SEED/ NUTRITIONAL YEAST MIX	1 packet (50g)
LEMON	1/2 *
GEM LETTUCE	3 pack
RADISHES	1/2 bunch *
CELERY STICKS	2
GREEN CAPSICUM	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

oven tray, stick mixer or blender

NOTES

If you don't want to blend the sauce you can use the seeds and nutritional yeast as a garnish instead. Serve the salad and fritters with condiment or sauce of choice.



1. BAKE PUMPKIN & FRITTERS

Set oven to 220°C.

Toss pumpkin on a lined oven tray with **oil**, **salt and pepper**. Place fritters on tray (use 2 trays if needed) and bake for 15-20 minutes until golden and cooked through.



2. MAKE THE DRESSING

Blend together the sunflower seed mix with lemon juice and **1/3 cup water** using a stick mixer until smooth. Season with **salt and pepper** to taste.



3. PREPARE THE SALAD

Wedge the lettuce and radishes. Cut celery and capsicum into short sticks. Arrange on a serving plate.



4. FINISH AND PLATE

Add pumpkin, fritters and dressing to salad plate and serve at the table.

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**

