




### Product Spotlight: Cucumber


Cucumber consists of 96% water! It helps flush out toxins in your body. All that water in the cucumber acts as a virtual broom, sweeping waste products out of your system.



## 3 Harissa Lentils and Pumpkin Bites

Filling puy lentils cooked in harissa paste, served with a fresh salad of carrot, beetroot, cucumber and mint, and baked pumpkin bites.

 30 mins

 4 servings

 Plant-Based

7 May 2021

## Spice it up!

*For some extra texture and flavour, sprinkle some Dukkah over your finished dish.*

Per serve: **PROTEIN** 27g **TOTAL FAT** 21g **CARBOHYDRATES** 79g

## FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
HARISSA PASTE	1
PUY LENTIL	300g
WALNUT PATE	2 tbsp *
PUMPKIN BITES	1 packet
CARROTS	2
BEETROOT	1
MINT	1 packet
CONTINENTAL CUCUMBER	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, oven tray

## NOTES

A dollop of hommus or coconut yoghurt would make a great addition to this dish.



### 1. SAUTÉ THE AROMATICS

Set oven to 220°C.

Heat a frypan over medium-high heat with **oil**. Dice onion, grate zucchini, add to pan with harissa paste. Cook stirring for 3-5 minutes.



### 2. COOK THE LENTILS

Add lentils to frypan with **2 1/2 cups water**. Cover and simmer for 15-20 minutes until lentils are tender. Add more water if needed. Stir through 1 tbsp walnut pate. Season with **salt and pepper**.



### 3. ROAST PUMPKIN BITES

Spread pumpkin bites on a lined oven tray. Drizzle with **oil** and roast for 10-12 minutes.



### 4. MAKE THE DRESSING

In a bowl, whisk together **2 tbsp olive oil**, **1 tbsp vinegar**, **1 tsp oregano**, **salt and pepper**.



### 5. TOSS THE SALAD

Ribbon carrots, julienne or grate beetroot. Roughly chop mint and dice cucumber. Toss together prepared vegetables and dressing.



### 6. FINISH AND PLATE

Divide lentils evenly among shallow bowls, top with pumpkin bites and serve with salad (see notes).

**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**

