



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

 4 servings

 Plant-Based

15 March 2021

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.

Per serve: **PROTEIN** 16g **TOTAL FAT** 16g **CARBOHYDRATES** 36g

FROM YOUR BOX

| | |
|-----------------------|--------------------|
| SPRING ONIONS | 1/3 bunch * |
| CELERY STICKS | 2 |
| ZUCCHINI | 1/2 * |
| DICED PUMPKIN | 1/2 bag (500g) * |
| CHERRY TOMATOES | 1 bag (400g) |
| GARLIC | 1 clove * |
| STOCK PASTE | 1 jar |
| ALMONDS | 1/2 packet (75g) * |
| TINNED BORLOTTI BEANS | 2 x 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 **3 tsp ground coriander** and **3 tsp ground turmeric**. Stir in stock paste and cook for 4-5 minutes until vegetables have softened. Pour in **3 cups water**. Increase heat to medium-high, cover and simmer for 10 minutes.



3. TOAST THE ALMONDS

Chop almonds. Add to a small dry frypan over medium-high heat. Toast for 3-4 minutes until golden. Set aside.



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

