



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Oregano

Fresh oregano is widely used in Mediterranean cooking. If you have any leftover you can hang it to dry in a dark, dry spot.



1 Pumpkin Arancini with Roast Oregano Veggies

Pumpkin arancini balls from the Gluten Free Lab, paired with roast Mediterranean vegetables and a chargrilled capsicum dipping sauce.

 30 minutes

 4 servings

 Plant-Based

5 October 2020

Spice it up!

These roast veggies are also great with fresh rosemary, lemon zest or dried chilli flakes! If you want to bulk up the dish you can add some squash or sweet potato to the tray bake.

Per serve: **PROTEIN** 13g **TOTAL FAT** 20g **CARBOHYDRATES** 65g

FROM YOUR BOX

POTATOES	800g
ZUCCHINI	1
CHERRY TOMATOES	1 bag (400g)
RED ONION	1/2 *
OREGANO	1 packet
ARANCINI BALLS	8 pack
LEMON	1/2 *
CONTINENTAL CUCUMBER	1/2 *
MESCLUN LEAVES	1/2 bag (100g) *
CHARGRILLED CAPSICUM DIP	1 tub (100g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

KEY UTENSILS

2 oven trays

NOTES

Sometimes fresh oregano leaves can be sandy. To remove any sand you can soak the leaves in a bowl of water for a minute or use a salad spinner.



1. ROAST THE VEGGIES

Set oven to 220°C.

Dice potatoes, zucchini and halve tomatoes. Wedge onion. Toss together with oregano leaves (see notes), **oil, salt and pepper**. Roast in oven for 20–25 minutes until tender and cooked through.



4. FINISH AND PLATE

Divide roast veggies, arancini balls and salad among plates. Serve with char grilled capsicum dip.



2. BAKE THE ARANCINI

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



3. PREPARE THE SALAD

Whisk together lemon juice and **2 tbsp olive oil**. Slice cucumber, toss with mesclun leaves and dressing.

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

