




Product Spotlight: Jerusalem artichokes


The Jerusalem artichoke is actually a variety of sunflower and looks quite a lot like ginger root. It has a lovely sweet and nutty flavour.



3 Warm Artichoke Salad

Golden Jerusalem artichokes tossed with crunchy beans and mustard dressing, finished with toasted walnuts.

 30 mins

 4 servings

 Plant-Based

20 August 2021

Mix it up!

Stretch this dish out with some crunchy roasted chickpeas or any extra nuts you have in the pantry. Hazelnuts, pecans and almonds work well.

Per serve: **PROTEIN** 12g **TOTAL FAT** 41g **CARBOHYDRATES** 52g

FROM YOUR BOX

JERUSALEM ARTICHOKES	800g
DUTCH CARROTS	1 bunch
CHERRY TOMATOES	1/2 bag (200g) *
WALNUTS	1 packet (40g)
GREEN BEANS	1/2 bag (125g) *
ANTIPASTO MIX	1 tub
ROCKET LEAVES	1 bag (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, apple cider vinegar (or vinegar of choice), dijon mustard

KEY UTENSILS

frypan, oven tray

NOTES

Halve any large dutch carrots to ensure they cook in the same time as the other vegetables.

If you don't feel like salad for dinner use the roast vegetables to make a soup. Simmer with 1 L water and 1 stock cube. Blend to smooth consistency and serve with a side of rocket and green beans (and some warm crusty bread if you have some!)

If your roast vegetables are still quite hot you can layer the plates with rocket instead of tossing through.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Quarter Jerusalem artichokes, trim carrots (see notes) and halve cherry tomatoes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



4. MAKE THE DRESSING

Whisk together **2 tbsp mustard, 1 tbsp vinegar, 5 tbsp olive oil and 2 tbsp water**. Season with **salt and pepper** to taste.



2. TOAST WALNUTS

Roughly chop walnuts. Heat a frypan over medium–high heat and toast the nuts for 3–4 minutes until golden. Remove to a plate, keep pan over heat.



5. TOSS THE SALAD

Toss the antipasto mix, green beans, roast vegetables (see notes), and rocket together with half prepared dressing.



3. BLANCH GREEN BEANS

Trim and halve beans. Add to frypan with **1/4 cup water**. Cook for 3–4 minutes until tender. Remove to a salad bowl.



6. FINISH AND PLATE

Divide salad among plates. Scatter over toasted nuts and spoon over remaining dressing to taste.

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