



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Wattle Seed

Wattle seeds come from a native Australian tree. Its seeds contain nutrients including zinc, magnesium, iron and potassium, as well as being a source of protein and fibre.



3 Wattle Seed Bean Balls With Roast Vegetables

Cannellini bean balls, flavoured with native wattle seed, serve with roast vegetables in an orange marmalade dressing.

 35 mins

 4 servings

 Plant-Based

6 August 2021

Switch it up!

If you don't feel like making the bean balls, simply drain and rinse the beans, toss them on the oven tray with the vegetables, drizzle with oil, season with wattle seed, salt and pepper.

Per serve: **PROTEIN** 14g **TOTAL FAT** 26g **CARBOHYDRATES** 52g

FROM YOUR BOX

BEETROOTS	3
CARROTS	2
SHALLOT	1
FENNEL	1/2 *
CANNELLINI BEANS	2x 400g
GROUND WATTLE SEED	1 packet (10g)
MARMALADE	1/2 jar *
NUT CHEDDAR	1 block
WALNUTS	1 packet
ROCKET	1 bag (60g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, cumin seeds, mustard (of choice)

KEY UTENSILS

2 oven trays

NOTES

If you don't have cumin seeds, use coriander seeds or half the amount of ground cumin.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge beetroots, slice carrots and fennel. Toss on a lined oven tray in **oil**, **1 tbsp cumin**, season with **salt and pepper**. Roast for 15–20 minutes or until tender.



2. MAKE BEAN BALLS

Drain and rinse beans. Use a potato masher or fork to gently mash them. Finely dice shallot, add to bowl with wattle seed and **2 tsp mustard**, season with **salt and pepper**, mix to combine. Use oiled or wet hands to form 1 tbsp sized balls.



3. ROAST THE BALLS

Arrange balls on a lined oven tray. Bake for 8–10 minutes until golden.



4. MAKE THE DRESSING

In a large bowl whisk together 4 tbsp marmalade, **2 tbsp water**, **2 tbsp olive oil**, **1 tbsp vinegar**, **salt and pepper**.



5. TOSS THE VEGETABLES

Cut nut cheddar into cubes, roughly chop walnuts. Add to bowl with dressing and roasted vegetables. Toss to coat.



6. FINISH AND PLATE

Divide vegetables between shallow bowls, serve with bean balls and fresh rocket on the side.

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**

