



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!

4. PESTO POTATO SALAD

WITH ALMONDS

 30 Minutes

 2 Servings

 Plant-based

Crispy roasted potatoes tossed with tender broccolini, tomatoes and pesto, garnished with toasted almond flakes.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
16g	72g	45g

13 April 2020

FROM YOUR BOX

MEDIUM POTATOES	3
CHERRY TOMATOES	1/2 bag (100g) *
THYME	1/4 packet *
FLAKED ALMONDS	1 packet (40g)
BROCCOLINI	1 bunch
ROASTED CAPSICUMS	1/2 tub *
PESTO	2/3 jar *
WATERCRESS	1 bowl

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, red wine vinegar

KEY UTENSILS

oven tray, frypan

NOTES

Spice up the dish with a little dried chilli flakes.

Make the dressing creamy with some mayonnaise if desired.



1. ROAST THE VEGETABLES

Set oven to 220°C.
Dice potatoes and halve tomatoes. Toss on a lined oven tray with thyme leaves, **oil, salt and pepper**. Roast in oven for 20-25 minutes or until cooked through.



2. TOAST THE ALMONDS

Add almonds to a dry frypan over medium-high heat. Toast for 3-4 minutes until golden. Remove and set aside.



3. COOK THE BROCCOLINI

Add **1/2 tbsp oil** to pan. Trim and slice broccolini. Cook for 3-4 minutes until tender.



4. TOSS THE POTATOES

Slice roast capsicums. Toss together with roast vegetables, broccolini in a bowl with pesto. Season to taste with **salt and pepper**.



5. DRESS WATERCRESS

Roughly chop watercress. Whisk together **1 tbsp vinegar** and **1 tbsp olive oil**, season with **salt and pepper** (see notes). Toss through watercress.



6. FINISH AND PLATE

Divide watercress and potato salad among bowls. Garnish with toasted almonds.