

**Product Spotlight:
Rocket**

Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



Baked Arancini with Parmesan Rocket Salad

Sundried tomato arancini baked in the oven until golden and oozy and served alongside a balsamic roast vegetable salad with rocket and shaved parmesan cheese.



25 minutes



2 servings



Vegetarian

Cook it in the air fryer!

The arancini and sweet potato can both be cooked in the air fryer until golden and crispy if preferred!

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	22g	63g

FROM YOUR BOX

SWEET POTATO	400g
RED CAPSICUM	1
ARANCINI	1 packet
GARLIC CLOVE	1
SHALLOT	1
CUCUMBER	1
ROCKET LEAVES	60g
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

2 oven trays

NOTES

Bake the arancini on the same tray as the vegetables if you have room.

You can add some maple syrup or honey to the dressing for extra sweetness. Raw garlic can be quite strong, start with 1/2 crushed clove and add more to taste.

Allow the roast vegetables to cool slightly before tossing.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice or dice **sweet potato**. Slice **capsicum**. Toss on lined oven tray with **1 tsp oregano, oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



4. PREPARE THE SALAD

Slice **shallot** and **cucumber**. Toss with **rocket leaves** and **parmesan** in dressing bowl (see notes).



2. BAKE THE ARANCINI

Add **arancini** to a second lined oven tray (see notes). Return to bake for a further 10–15 minutes until cooked through.



5. FINISH AND SERVE

Layer **salad components** with **roast vegetables**. Serve with **arancini**.



3. PREPARE THE DRESSING

Crush **1/2 garlic clove** and whisk together with **1 tbsp balsamic vinegar, 2 tbsp olive oil, salt and pepper** in a large bowl (see notes).

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

