




### Product Spotlight: Beetroot


Beetroot comes in purple, white or golden varieties and is rich in vitamins and antioxidants. This versatile vegetable can be eaten raw or cooked.



## Moroccan Roasted Carrots with Lentils and Goat Cheese

A rainbow of root veggies, roasted with Moroccan-style spices, tossed with lentils and a vibrant orange dressing served with goat cheese and toasted almonds.

 30 minutes

 2 servings

 Vegetarian

### Spice it up!

*You can switch the spices for curry powder, garam masala, ground cumin or ground coriander.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 22g **CARBOHYDRATES** 74g

## FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOT	1
BELUGA LENTILS	100g
FLAKED ALMONDS	20g
ORANGE	1
GOAT CHEESE	1 tub
SNOW PEA SPROUTS	1 punnet
PARSLEY	1 packet

## FROM YOUR PANTRY

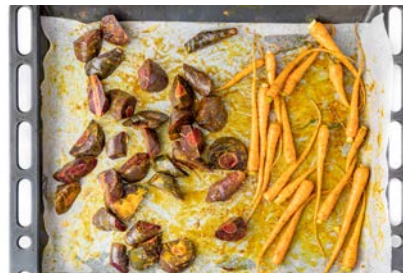
oil for cooking, salt, pepper, ground turmeric, ground cinnamon, apple cider vinegar

## KEY UTENSILS

frypan, saucepan, oven tray

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim **Dutch carrots** and cut **beetroot** into angular pieces. Toss on a lined oven tray with **oil**, **2 tsp turmeric**, **1 tsp cinnamon**, **salt and pepper**. Roast for 15–20 minutes until tender.



### 4. MAKE THE DRESSING

Zest and juice **1/2 orange** (reserve remaining for step 5). Add to a large bowl along with 1 1/2 tbsp oil from **goat cheese**, **1/2 tbsp vinegar**, **salt and pepper**. Whisk to combine.



### 2. COOK THE LENTILS

Place **lentils** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.



### 5. TOSS THE VEGETABLES

Slice reserved orange. Chop **snow pea sprouts**. Add to bowl with dressing, along with roasted vegetables and lentils. Toss to combine.

Finely chop **parsley leaves** and set aside.



### 3. TOAST THE ALMONDS

Heat a small frypan over medium heat. Add **almonds** and toast in dry frypan for 3–4 minutes or until golden.



### 6. FINISH AND SERVE

Divide tossed vegetables among shallow bowls. Dot over **goat cheese** and garnish with parsley. Sprinkle over toasted almonds.



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