



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 Medley 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** 20g **TOTAL FAT** 29g **CARBOHYDRATES** 27g

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.



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

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



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