



Product Spotlight: Hazelnuts

Hazelnuts are packed with antioxidants and contain high amounts of phenolic compounds, which help your heart stay healthy by reducing cholesterol and inflammation.



Sheet Pan Hash with Hot Honey Dressing

A rainbow of root veg tossed with fresh sage and roasted with creamy ricotta and free-range eggs served with a chilli-spiked honey and garlic dressing, hazelnuts and fresh lettuce.



30 minutes



2 servings



Vegetarian

Whipped ricotta!

Use a stick mixer or blender to whip ricotta, garlic, honey and chilli flakes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	51g	74g

FROM YOUR BOX

SWEET POTATOES	400g
BEETROOT	1
PARSNIP	1
SAGE	1 packet
RICOTTA	1 tub
GARLIC CLOVE	1
HONEY SHOT	1
FREE-RANGE EGGS	6-pack
HAZELNUTS	20g
GEM LETTUCE	3-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried chilli flakes, white wine vinegar

KEY UTENSILS

oven tray

NOTES

Use the ricotta to taste. You can stir any leftover ricotta through pasta, add it to a quiche, top pancakes with it, make a cheesecake, or use it instead of yoghurt with your muesli.

Use chilli flakes to taste or omit them completely if desired. Substitute with ground chilli, cayenne pepper or hot sauce of choice (use all to taste).

We recommend using 4 eggs in this meal (we calculated our macros using 4 eggs). Use all 6 eggs and enjoy leftovers the following day, or save some of the eggs for another recipe.



1. PREPARE THE HASH

Set oven to 220°C.

Dice sweet potatoes, beetroot and parsnip (2cm). Roughly chop sage (including tender stems). Toss on a lined oven tray with **oil, salt and pepper**.



4. ADD THE EGGS

Remove oven tray from oven. Crack eggs (see notes) directly onto tray over vegetables. Return to oven and bake for a further 8-10 minutes or until eggs are cooked to your liking.



2. ADD THE RICOTTA & BAKE

Dollop ricotta (see notes) onto tray with vegetables. Drizzle with **oil** and season with **salt and pepper**. Bake for 15 minutes (see step 4).



5. FINISH AND SERVE

Roughly chop hazelnuts.

Divide gem lettuce among plates. Serve with hash. Drizzle over hot honey dressing and sprinkle over hazelnuts.



3. MAKE THE DRESSING

Crush garlic clove. Add to a bowl with honey shot, **1/2-1 tsp chilli flakes** (see notes), **3 tbsp olive oil**, **2 tbsp vinegar**, **salt and pepper**. Whisk to combine.

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**

