



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



4 servings



Vegetarian

Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	20g	54g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BEETROOT	2
RED ONION	1
BELUGA LENTILS	1 packet (200g)
FLAKED ALMONDS	1 packet (40g)
ORANGES	2
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 beetroots into angular pieces. Wedge onion. Toss on a lined oven tray with **oil, 1 1/2 tsp turmeric, 1 tsp cinnamon, salt and pepper**. Roast for 15-20 minutes until tender.



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.



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.



4. MAKE THE DRESSING

Zest 1 orange to yield 1 tbsp. Juice orange to yield 2 tbsp (reserve remaining for Step 5). Add to a large bowl along with 3 tbsp oil from goat cheese, **1 tbsp vinegar, salt and pepper**. Whisk to combine.



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.



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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