

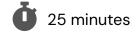


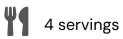


# **Baked Arancini**

# with Parmesan Rocket Salad

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







# Cook it on the BBQ!

You can cook the arancini on the BBQ hotplate! Flatten them with a spatula to form a patty, and cook them until golden and crispy on each side. The vegetables can also be barbecued.

TOTAL FAT CARBOHYDRATES

13g

15g

38g

#### FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED CAPSICUM	1
ARANCINI	1 packet
GARLIC CLOVE	1
SHALLOT	1
LEBANESE CUCUMBERS	2
ROCKET LEAVES	120g
PARMESAN CHEESE	1 packet

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

2 oven trays

#### **NOTES**

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.



#### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice **pumpkin** (1cm thick) into crescents. Slice **capsicum**. Toss on a lined oven tray with **2 tsp oregano**, **oil**, **salt and pepper**. Roast for 15–20 minutes until tender and cooked through.



#### 2. BAKE THE ARANCINI

Bake **arancini** on a separate lined oven tray for 10-15 minutes until cooked through.



#### 3. PREPARE THE DRESSING

Crush 1/2-1 garlic clove and whisk together with 2 tbsp balsamic vinegar, 3 tbsp olive oil, salt and pepper in a large bowl (see notes).



## 4. PREPARE THE SALAD

Slice **shallot** and **cucumbers**. Toss with **rocket leaves** and **parmesan** (to taste) in dressing bowl.



## 5. FINISH AND SERVE

Layer salad components with roast vegetables. Serve with arancini.



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