



Product Spotlight: Rocket

Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



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.



25 minutes



4 servings



Vegetarian

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.

Per serve:	PROTEIN	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.



Scan the QR code to
submit a Google review!



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.



4. PREPARE THE SALAD

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



2. BAKE THE ARANCINI

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



5. FINISH AND SERVE

Layer **salad components** with **roast vegetables**. Serve with **arancini**.



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).

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**

