



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6servings



Vegetarian

Spice it up!

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

Per serve : **PROTEIN** 17g **TOTAL FAT** 22g **CARBOHYDRATES** 29g

FROM YOUR BOX

	4 PERSON	6 PERSON
DUTCH CARROTS	1 bunch	2 bunches
BEETROOT	2	3
RED ONION	1	1
BELUGA LENTILS	200g	200g + 100g
FLAKED ALMONDS	2 x 20g	2 x 20g
ORANGES	2	3
GOAT CHEESE	1 tub	2 tubs
SNOW PEA SPROUTS	1 punnet	1 punnet
PARSLEY	1 packet	2 packets

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.



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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 – 2 tsp turmeric**, **1-2 tsp cinnamon**, **salt and pepper**. Roast for 15-20 minutes until tender.



4. MAKE THE DRESSING

Zest and juice 1 whole orange. Add to a large bowl with **3 tbsp oil from goat cheese**, **1 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.

6P – Slice 2 oranges.



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**.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

