



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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

Sundried tomato 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



4/6 servings



Vegetarian

Cook it in the air fryer!

The arancini and sweet potato can both be cooked in the air fryer until golden and crispy if preferred!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	19g	60g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	800g	1.2kg
RED CAPSICUM	1	2
ARANCINI	2 packets	3 packets
GARLIC CLOVE	1	1
SHALLOT	1	1
LEBANESE CUCUMBERS	2	3
ROCKET LEAVES	120g	120g + 60g
PARMESAN CHEESE	1 packet	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.

Allow the roast vegetables to cool slightly before tossing.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice or dice **sweet potato**. Slice **capsicum**. Toss on a lined oven tray with **2-3 tsp oregano, oil, salt and pepper**. Roast for 20-25 minutes until tender and cooked through.

6P- use 3-4 tsp oregano on vegetables.



4. PREPARE THE SALAD

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



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).

6P - crush **1 garlic clove** and whisk together with **3 tbsp balsamic vinegar, 4 tbsp olive oil, salt and pepper** in a large bowl.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

