



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: LUPIN FLAKES

We love lupin flakes as they are a rich source of protein and fibre! They are also gluten free and low in carbohydrates.



1. VEGGIE & BEAN TAGINE

WITH LUPIN

 35 Minutes

 4 Servings

 Plant-based

All the flavours of a delicious Moroccan tagine without the fuss! Zucchini, carrots and tomatoes cooked in an orange chermoula sauce and served on a bed of lupin.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
31g	29g	31g

25 May 2020

FROM YOUR BOX

LUPIN FLAKES	1 tub (200g)
RED ONION	1/2 *
PARSLEY	1/2 bunch *
ORANGE	1
CARROTS	2
ZUCCHINI	1
CHERRY TOMATOES	1 bag (400g)
MIXED BEANS	400g
ALMONDS	1/2 packet (40g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, smoked (or ground) paprika, ground allspice, red wine vinegar, maple syrup (or sweetener of choice)

KEY UTENSILS

saucepan, stick mixer or blender, frypan with lid

NOTES

It's important to squeeze out as much liquid as possible from the lupin for a fluffy result.

Grate the carrots for a quicker cooking time if preferred.



1. COOK THE LUPIN

Bring a saucepan of water to boil. Add lupin to cook for 3 minutes. Strain, rinse and squeeze out excess water using a sieve (see notes). Fluff with a fork and return to pan. Stir through **1 tbsp olive oil** and season with **salt**.



2. MAKE THE CHERMOULA PASTE

Roughly chop onion and 1/2 the parsley. Zest and juice orange. Blend together using a stick mixer or blender with **1 tbsp cumin, 1 tsp allspice, 2 tsp paprika, 1 tbsp vinegar** and **1/3 cup olive oil** into a smooth paste.



3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Slice carrots and zucchini into crescents (see notes). Add to pan as you go. Halve and add tomatoes.



4. SIMMER THE SAUCE

Stir prepared paste into pan along with **1/2 cup water**. Drain and add beans. Simmer, covered, for 8-10 minutes. Stir through **3 tsp maple syrup, salt and pepper**.



5. FINISH AND PLATE

Divide lupin and tagine among shallow bowls. Garnish with chopped almonds and remaining parsley.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

