



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Halloumi


"Squeaky" or "grilling" cheese are other names for this delicious cheese! Originally from Cyprus and using non-animal rennet, this cheese is meant to be heated prior to eating!



## 3 Carrot Rosti with Fried Halloumi

Oven-baked carrot and parsnip rostis, served with fried halloumi and a fresh olive and lemon salad.

 35 mins

 2 servings

 Vegetarian

3 September 2021

## Breakfast for dinner!

Top your rostis with a poached or fried egg for extra protein. Or save this recipe for the next time you want to make a special breakfast for someone.

Per serve: **PROTEIN** 28g **TOTAL FAT** 43g **CARBOHYDRATES** 34g

## FROM YOUR BOX

CARROTS	2
PARSNIPS	2
CHICKPEA FLOUR MIX	1 packet (35g)
SESAME SEED MIX	1/2 packet (10g) *
LEMON	1/2 *
HALLOUMI	1 packet
CELERY STICK	1
PARSLEY	1/2 bunch *
OLIVES	1/2 jar *
ROCKET & SPINACH LEAVES	1 bag (120g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, cumin seeds

## KEY UTENSILS

oven tray, frypan

## NOTES

The chickpea flour mix is made up of chickpea flour and flaxseeds. This will bind your rosti mixture together in lieu of using egg.

If you have spare time on your hands, you can cook the rostis in an oiled frypan over medium-high heat for 7-8 minutes each side.



### 1. PREPARE ROSTIS

Set oven to 220°C.

Grate carrots and parsnips. Mix in a bowl with chickpea flour, sesame seeds and **1-2 tbsp water**. Season with **salt and pepper**.



### 2. BAKE THE ROSTI

Line an oven tray. Form mixture into 3-4 rostis and flatten onto tray. Bake for 15-20 minutes or until golden and edges are crispy (see notes).



### 3. MAKE THE DRESSING

Heat a frypan over medium-high heat with **1 tbsp oil**. Add **1/2 tbsp cumin seeds**. Cook for 3-4 minutes until toasted and add the **seeds and oil** to a bowl with 1 tbsp lemon juice, **salt and pepper**. Whisk to combine.



### 4. COOK THE HALLOUMI

Reheat frypan over medium-high heat with **oil**. Slice halloumi and add to pan. Cook for 2-3 minutes on each side until golden.



### 5. PREPARE SALAD

Thinly slice celery. Roughly chop parsley leaves. Drain and slice olives. Add to a large bowl with rocket and spinach leaves. Toss in dressing until well coated.



### 6. FINISH AND SERVE

Divide rostis among plates, top with halloumi and fresh salad.

**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**

