



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cauliflower


Cauliflower is chock full of vitamins and minerals! It offers a good source of choline which assists in brain development, improving learning and memory!



3 Golden Cauliflower Tray Bake

Cauliflower bites spiced with turmeric and roasted with mixed beans, tomatoes and lemon, finished with ricotta and pepita seeds.

 30 minutes

 2 servings

 Vegetarian

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Spice it up!

You could substitute the spices for a curry paste of choice instead, or add some crushed garlic or grated ginger for added flavour.

Per serve: **PROTEIN** 34g **TOTAL FAT** 24g **CARBOHYDRATES** 49g

FROM YOUR BOX

CAULIFLOWER	1/2
MIXED BEANS	400g
CHERRY TOMATOES	1/2 bag (100g) *
LEMON	1
PEPITA SEEDS	1 packet (40g)
BABY SPINACH	1 bag (60g)
RICOTTA	1 tub (250g)
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground turmeric, ground cumin

KEY UTENSILS

oven tray, frypan (optional)

NOTES

You could add the pepita seeds to the tray bake for the last 5 minutes to toast if preferred.

Protein upsize add-on option – Sicilian olives. Drain olives and add to tray bake at step 2.



1. PREPARE CAULIFLOWER

Set oven to 220°C.

Cut cauliflower into florets. Toss on a lined oven tray with **2 tsp ground turmeric, 2 tsp cumin, oil, salt and pepper.**



2. ROAST THE TRAY BAKE

Drain beans and halve tomatoes. Add to the cauliflower tray and toss through. Zest the lemon and sprinkle over top. Slice 1/2 the lemon (wedge remaining) and tuck into vegetables. Roast for 25 minutes or until vegetables are tender.



3. TOAST SEEDS (OPTIONAL)

Add pepita seeds to a dry frypan over medium-high heat. Toast for 4-5 minutes or until golden (see notes). Set aside.



4. TOSS THROUGH SPINACH

Toss baby spinach through roast vegetables and beans.



5. FINISH AND PLATE

Dollop ricotta over tray bake. Chop coriander and sprinkle on top. Serve with lemon wedges and pepitas.

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

