



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Jerusalem Artichoke


The Jerusalem artichoke is actually a variety of sunflower and looks a lot like ginger root. It has a lovely sweet and nutty flavour.



3 Warm Artichoke Salad with Walnuts

Golden roasted Jerusalem artichokes and fennel tossed with crunchy beans and antipasto mix, finished with chopped walnuts.

 30 minutes

 4 servings

 Plant-Based

27 July 2020

Mix it up!

Stretch this dish out with some roasted chickpeas or any extra nuts you may have in the pantry. Hazelnuts, pecans and almonds work well!

Per serve: **PROTEIN** 12g **TOTAL FAT** 37g **CARBOHYDRATES** 57g

FROM YOUR BOX

JERUSALEM ARTICHOKE	800g
FENNEL	1
CHERRY TOMATOES	1/2 bag (200g) *
SPRING ONIONS	1/4 bunch *
WALNUTS	1 packet (80g)
GREEN BEANS	1/2 bag (125g) *
ANTIPASTO MIX	1 packet
ROCKET LEAVES	1 bag (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dijon mustard

KEY UTENSILS

oven tray, frypan

NOTES

If your roast vegetables are still quite hot you can layer the plates with the rocket instead of tossing through. Or you can wait for the roast vegetables to cool before tossing.



1. ROAST THE VEGETABLES

Halve or quarter the Jerusalem artichokes. Wedge fennel. Halve cherry tomatoes and slice spring onions into 4cm lengths (reserve tops for salad). Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



2. TOAST THE NUTS

Roughly chop walnuts. Add to a frypan over medium-high heat and toast for 3–4 minutes until golden. Remove from pan.



3. BLANCH THE BEANS

Trim and halve beans. Reheat frypan over medium-high heat with **1/4 cup water**. Add beans and cook for 3–4 minutes until tender. Remove to salad bowl.



4. MAKE THE DRESSING

Whisk together **1/2 tbsp mustard**, **2 tbsp olive oil** and **1 tbsp water**. Season with **salt and pepper** to taste.



5. TOSS THE SALAD

Slice remaining spring onion tops. Toss together with antipasto mix, green beans, rocket leaves and roast vegetables (see notes).



6. FINISH AND PLATE

Divide salad among plates. Scatter over toasted nuts and spoon over dressing to taste.

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

