



### Product Spotlight: Jerusalem artichokes

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



## 4 Warm Jerusalem Artichoke Salad with Dill

The perfect combination of warm Jerusalem artichokes, green beans, olives and fresh tomatoes with a dijon mustard dressing finished with smokey coconut "bacon".



30 minutes



4 servings



Plant-Based

15 June 2020

### Mix it up!

*Add some dried tarragon or marjoram to your Jerusalem artichokes before they are roasted for some extra flavour! If you want to add more protein to this dish, try adding cannellini beans or sprinkling over some hemp seeds at the end!*

Per serve: **PROTEIN** 8g **TOTAL FAT** 24g **CARBOHYDRATES** 53g

## FROM YOUR BOX

JERUSALEM ARTICHOKES	800g
DUTCH CARROTS	1 bunch
SICILIAN OLIVES	1 tub
AVOCADO	1
SPRING ONIONS	1/4 bunch *
CERRY TOMATOES	1/2 bag (200g) *
SPINACH & ROCKET LEAVES	1 bag (120g)
GREEN BEANS	1 bag (150g)
DILL	1/2 packet *
COCONUT BACON	2 sachets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dijon mustard, red wine vinegar

## KEY UTENSILS

oven tray, saucepan

## NOTES

If your roast vegetables are still quite hot you can divide them among bowls first. Toss the fresh ingredients together, divide over top of roast veggies and spoon over dressing.



### 1. ROAST THE VEGETABLES

Set oven to 220°C. Halve Jerusalem artichokes and trim carrots. Toss on a lined oven tray with drained olives, **oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



### 4. PREPARE THE DRESSING

Chop dill fronds. Whisk together with **1/2 tbsp dijon mustard, 1 tbsp vinegar** and **3 tbsp olive oil**. Season with **salt and pepper**.



### 2. PREPARE THE SALAD

Bring a saucepan of water to boil (for step 3).

Dice avocado. Slice spring onions. Halve tomatoes. Set aside with spinach and rocket leaves.



### 3. BLANCH THE BEANS

Trim and halve beans. Add to boiling water for 1–2 minutes. Drain and rinse under cold water.



### 5. FINISH AND PLATE

Toss the roast vegetables with fresh salad, beans and dressing. Divide among bowls and garnish with coconut bacon.

**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**

