



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Parsnips

Parsnips are a great source of soluble fibre which is important for our digestive process, creating healthy movement of food through the digestive tract. This helps to reduce constipation and other gastrointestinal disorders.



## 4 Winter Parsnip Bowl with Lentils

A wintery combination of thyme, roast parsnips, apple and cabbage on a bed of puy lentils, finished with a wholegrain mustard dressing and nut cheese.



30 minutes



2 servings



Plant-Based

22 June 2020

### Spice it up!

*These roast veggies also work well with fresh rosemary from the garden or dried dill leaves. If you have a spare orange, try adding some of the zest to the lentils for a more exciting flavour!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	10g	43g	53g



## FROM YOUR BOX

PUY LENTILS	1 packet (100g)
PARSNIPS	2
CARROT	1
RED APPLE	1
RED ONION	1/2 *
THYME	1/2 packet *
AVOCADO	1
SHREDDED RED CABBAGE	1/2 bag (125g) *
NUT FETA CHEESE	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, white wine vinegar, sugar (of choice), wholegrain mustard

## KEY UTENSILS

oven tray, saucepan

## NOTES

Cutting the root vegetables into angular pieces will give you more golden and crispier edges. If you prefer you can simply roughly dice or slice them instead.

To quickly remove thyme leaves – place your fingers at the top of the stem and firmly slide the leaves down.



### 1. COOK THE LENTILS

Set oven to 220°C.

Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse.



### 2. ROAST THE VEGETABLES

Cut parsnips and carrot into angular pieces. Wedge apple and onion. Toss on a lined oven tray with thyme leaves **oil, salt and pepper**. Roast for 25 minutes or until cooked through.



### 3. PREPARE THE DRESSING

Whisk together **1 tbsp mustard, 1 tbsp vinegar, 2 tbsp olive oil** and **1/2–1 tsp sugar** (use to taste). Season with **salt and pepper**. Set aside.



### 4. PREPARE SALAD

Wedge avocado. Toss cabbage with **1 tsp vinegar** and **2 tsp olive oil**.



### 5. FINISH AND PLATE

Toss 1/2 the dressing with the lentils to coat. Divide among bowls. Top with roast vegetables and fresh salad. Spoon cheese on top. Use remaining 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**

