



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Tomatoes

Although tomatoes are fruits – nutritionally they look more like vegetables. They are low in calories and rich in a number of nutrients that are good for your health.



D4 Bolognese Arancini Traybake

Cheesy crumbed rice balls, baked in the oven and served with balsamic roast vegetables, finished with fresh leaves.

 25 minutes

 4 servings

 Beef

11 February 2022

Add some herbs!

You can add fresh basil, rosemary, oregano or thyme to the traybake if you have some!

FROM YOUR BOX

RED ONION	1
TOMATOES	2
RED CAPSICUM	1
YELLOW CAPSICUM	1
BOLOGNESE ARANCINI	8-pack
SPINACH & ROCKET MIX	1 bag (120g)
SOURDOUGH ROLLS	2-pack

FROM YOUR PANTRY

olive oil, salt, pepper, smoked paprika (see notes), balsamic vinegar

KEY UTENSILS

2 oven trays

NOTES

You can substitute smoked paprika for a dried herb of choice or fennel seeds if preferred!

No gluten option - sourdough rolls are replaced with gluten-free flatbread.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge onion and tomatoes. Chop capsicums. Toss on a lined oven tray with **2 tsp smoked paprika, 2 tbsp balsamic vinegar, olive oil, salt and pepper**. Roast in oven for 20 minutes until cooked through.



2. BAKE THE ARANCINI

Place arancini on a lined oven tray. Bake for 15 minutes until warmed through.



3. DRESS THE LEAVES

Whisk together **1 tbsp balsamic vinegar** and **1 tbsp olive oil** in a large bowl. Toss spinach and rocket into dressing to coat.



4. WARM THE ROLLS

Remove arancini from oven tray. Place rolls into oven to toast for 2-3 minutes.



5. FINISH AND SERVE

Serve arancini with roast vegetables, bread and spinach and rocket.

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

