



**Product Spotlight:
Gluten Free Lab**

We love the arancini made from Perth based company The Gluten Free Lab! Covered in a crunchy crumb coating with delicious fillings – so tasty you won't want to share!



Bolognese Arancini

with Roast Veggies and Dipping Pesto

Bolognese arancini from Perth locals, The Gluten Free Lab, served with roasted Mediterranean vegetables and basil pesto dipping sauce.

30 minutes

2 servings

Beef

10 February 2023

Spice it up!

Add some parmesan cheese to the pesto for a traditional pesto!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	25g	78g

FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
SHALLOT	1
TOMATO	1
LEMON	1
BOLOGNESE ARANCINI	8-pack
BASIL	1 packet (20g)
ALMONDS	1 packet (40g)

FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano

KEY UTENSILS

2 oven trays, stick mixer (or small blender)

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice zucchini and capsicum. Wedge shallot and tomato. Toss all together on a lined oven tray.



2. ROAST THE VEGETABLES

Stir through lemon zest, juice from 1/2 lemon, **1 tsp oregano** and **2 tsp olive oil**. Season with **salt and pepper**. Roast in oven for 20-25 minutes until vegetables are tender.



3. BAKE THE ARANCINI

Place arancini on a lined oven tray. Bake in oven for 10-15 minutes until heated through.



4. MAKE THE PESTO

Meanwhile, pick and roughly chop basil leaves. Use a stick mixer to blend with almonds, juice from remaining 1/2 lemon and **1 tbsp olive oil** until it reaches a chunky pesto consistency. Loosen with **1/2 cup water** and season with **salt and pepper**.



5. FINISH AND SERVE

Divide vegetables and arancini among plates. Serve with pesto dipping sauce.

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**

