



Product Spotlight: Oranges

Oranges are one of the largest citrus crops in the world. Loaded with vitamin C and high in fibre, they are a great addition to any diet.





12

Mezze Plate

with Dukkah Toasts and Hummus

Beautiful roasted carrots and beetroots with fresh salad and toasted chickpea hummus served with crunchy dukkah toasts.

 30 minutes

 2 servings

 Plant-Based

30 September 2022

Mix it up!

Cut the carrots and beetroots smaller when roasting and toss them together with the salad and dressing. Spread the hummus over a platter and top with the mixed salad.

Per serve: **PROTEIN** 15g **TOTAL FAT** 49g **CARBOHYDRATES** 57g

FROM YOUR BOX

BEETROOT	1
CARROT	1
TINNED CHICKPEAS	400g
ORANGE	1
TOMATO	1
MESCLUN LEAVES	1 bag (60g)
FLATBREAD	1
DUKKAH	1 packet (20g)
HUMMUS	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground sumac (see notes), 1 clove garlic, vinegar (of choice), maple syrup

KEY UTENSILS

2 oven trays

NOTES

If you don't have any sumac in the pantry, you can use ground coriander or add some ground cumin.

We used red wine vinegar in the dressing.

If you have some pomegranate molasses in the pantry, you could skip making the dressing and drizzle some over the platter with olive oil.

You can sprinkle any leftover dukkah over the platter when serving.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge beetroot and cut carrot into sticks. Drain and pat dry chickpeas. Place on a lined oven tray and toss with **1 tsp sumac, oil, salt and pepper**. Roast for 20 minutes until just tender.



4. MAKE THE TOASTS

Thinly slice flatbread and drizzle with **oil**. Lay on an oven tray and sprinkle over dukkah to taste (see notes). Toast in the oven for 5-10 minutes or until crisp (in batches if necessary).



2. MAKE THE DRESSING

Zest orange to yield 1/2 tsp. Whisk together with **2 tbsp olive oil, 1/2 tsp maple syrup, 1 tbsp vinegar, crushed garlic, 1/4 tsp sumac, salt and pepper** (see notes).



5. MIX THE HUMMUS

Place hummus into a bowl, add roasted chickpeas and **1 tbsp olive oil**, stir to combine. Season to taste with **salt and pepper**.



3. PREPARE THE SALAD

Wedge tomato and chop orange flesh. Set aside on a plate with mesclun leaves.



6. FINISH AND SERVE

Arrange all components on a platter and take to the table for sharing. Drizzle with dressing or leave on the side for individual use.

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**

