




Product Spotlight: Lupin Flakes


We love lupin flakes as they are a rich source of protein and fibre! They are also gluten-free and low in carbs.



Roasted Carrot Tagine with Lupin

Dutch carrots roasted with cumin seeds until caramelised, served on top of tagine style stew flavoured with orange and a vibrant Ras El Hanout spice mix from GH produce. Delicious on top of protein packed lupin!

 30 minutes

 4 servings

 Plant-Based

10 March 2023

Spice it up!

Instead of using cumin seeds on the carrots, you can use ground coriander, ground cumin, fennel seeds or caraway seeds!

Per serve: **PROTEIN** 26g **TOTAL FAT** 10g **CARBOHYDRATES** 29g

FROM YOUR BOX

DUTCH CARROTS	2 bunches
FLAKED ALMONDS	1 packet (40g)
RED ONION	1
RAS EL HANOUT SPICE MIX	1 packet
ZUCCHINI	1
CHERRY TOMATOES	2 packets (2 x 200g)
ORANGE	1
LUPIN FLAKES	200g
PARSLEY	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, cumin seeds, 1 stock cube (of choice)

KEY UTENSILS

large frypan with lid, saucepan, kettle

NOTES

You can reserve some carrot fronds for garnish!

You can zest the orange and stir it through the lupin for added flavour!

Squeezing out the excess water will give you extra fluffy lupin.



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1. ROAST THE CARROTS

Set oven to 220°C. Boil the kettle.

Trim and scrub carrots (halve any larger ones). Toss with **2 tsp cumin seeds, olive oil, salt and pepper** on a lined oven tray (see notes). Roast for 20 minutes.



2. TOAST THE ALMONDS

Toast almonds in a dry pan over medium-high heat until golden. Remove from pan and set aside.



3. COOK THE ONION

Add **olive oil** to frypan. Slice and add onion along with spice mix. Cook for 3-4 minutes until softened (add more oil if needed).



4. SIMMER THE TAGINE

Slice zucchini into crescents. Add to pan along with tomatoes. Stir in orange juice and **500ml water** (see notes). Cover and simmer for 10 minutes. Uncover and simmer for a further 5 minutes to reduce.



5. COOK THE LUPIN

Place lupin flakes, **1 crumbled stock cube** and **3 cups hot water** from kettle in a saucepan over medium high heat, simmer for 3 minutes. Strain, squeeze out excess water using a sieve (see notes).



6. FINISH AND SERVE

Divide lupin between plates, top with tagine and roasted baby carrots. Chop parsley and use to garnish along with almonds.

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**

