



Product Spotlight: Rocket

Rocket, also called arugula, has a spicy, peppery flavour and is best consumed fresh to preserve nutrients but can be stirred into risottos and warm salads too!



Baked Arancini with Parmesan Rocket Salad

Truffle mushroom arancini baked in the oven until golden and oozy and served alongside a balsamic roast vegetable salad with rocket and shaved parmesan cheese.



25 minutes



4 servings



Vegetarian

Cook it on the BBQ!

You can cook the arancini on the BBQ hotplate! Flatten them with a spatula to form a patty, and cook them until golden and crispy on each side. The vegetables can also be barbecued.

Per serve: **PROTEIN** 19g **TOTAL FAT** 27g **CARBOHYDRATES** 63g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED CAPSICUM	1
ARANCINI	1 packet
SHALLOT	1
LEBANESE CUCUMBERS	2
ROCKET LEAVES	1 bag (120g)
PARMESAN CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar, 1 garlic clove

KEY UTENSILS

2 oven trays

NOTES

You can add some maple syrup or honey to the dressing for extra sweetness. Raw garlic can be quite strong, start with 1/2 crushed clove and add more to taste.



1. ROAST THE VEGETABLES

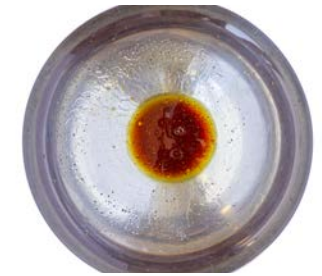
Set oven to 220°C.

Slice pumpkin (1cm thick) into crescents. Slice capsicum. Toss on a lined oven tray with **2 tsp oregano, oil, salt and pepper**. Roast for 15–20 minutes until tender and cooked through.



2. BAKE THE ARANCINI

Bake arancini on a separate lined oven tray for 10–15 minutes until cooked through.



3. PREPARE THE DRESSING

Crush **1/2–1 garlic clove** and whisk together with **2 tbsp balsamic vinegar, 3 tbsp olive oil, salt and pepper** in a large bowl (see notes).



4. PREPARE THE SALAD

Slice shallot and cucumbers. Toss with rocket leaves and parmesan cheese in dressing bowl.



5. FINISH AND SERVE

Layer salad components with roast vegetables. Serve with arancini.



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