




### 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** 16g **TOTAL FAT** 21g **CARBOHYDRATES** 36g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
RED CAPSICUM	1
ARANCINI	1 packet
GARLIC CLOVE	1
SHALLOT	1
LEBANESE CUCUMBERS	2
ROCKET LEAVES	120g
PARMESAN CHEESE	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, balsamic vinegar

## 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.



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### 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.



### 4. PREPARE THE SALAD

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



### 2. BAKE THE ARANCINI

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



### 5. FINISH AND SERVE

Layer salad components with roast vegetables. Serve with arancini.



### 3. PREPARE THE DRESSING

Add crushed garlic clove (see notes) to a large bowl along with **2 tbsp balsamic vinegar, 3 tbsp olive oil, salt and pepper**.

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