

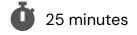


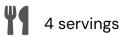


Baked Arancini

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.







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 TOTAL FAT CARBOHYDRATES

16g 21g

3

1g

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

dressing for extra sweetness. Raw garlic can be quite strong, start with 1/2 crushed clove and



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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.



2. BAKE THE ARANCINI

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



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.



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.

