



### Product Spotlight: Dill


Back in the day it was believed that dill had magical powers and could save you from both witchcraft and nightmares! Nowadays we know dill is great to calm the digestive system among many other benefits.



## 1 Arancini with Dill Vegetables

Herbaceous vegetables and beans cooked in tarragon and dill, served with roasted arancini.

 30 mins

 2 servings

 Plant-Based

20 August 2021

## Make it a soup!

*Sauté the vegetables at step 1 in a large saucepan. Add the beans, and 750 ml water at step 2. Cook for 12-15 minutes then add the greens. Serve the arancini as a side.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 17g **CARBOHYDRATES** 94g

## FROM YOUR BOX

SHALLOT	1
CARROT	1
GARLIC CLOVE	1
STOCK PASTE	1/2 jar *
TINNED CANNELLINI BEANS	400g
ARANCINI	1 packet
GREEN BEANS	1/2 bag (75g) *
SILVERBEET	1/2 bunch *
DILL	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, dried tarragon (see notes), apple cider vinegar (or vinegar of choice)

## KEY UTENSILS

frypan with lid, oven tray

## NOTES

If you don't have dried tarragon, feel free to use dried rosemary or dried parsley as a replacement.



### 1. SAUTÉ THE VEGETABLES

Set oven to 220°C.

Heat a frypan over medium-high heat with **oil**. Slice shallot and dice carrot. Crush garlic. Add to pan as you go, along with **1 tsp tarragon**. Sauté for 2-3 minutes.



### 2. SIMMER THE VEGETABLES

Stir in stock paste and cannellini beans (including liquid) with **1/2 tin water**. Cover with lid, bring to the boil and simmer 10-12 minutes, until carrots are tender.



### 3. BAKE THE ARANCINI

Place arancini on a lined oven tray. Bake in oven for 10-15 minutes until heated through.



### 4. PREPARE GREENS

Trim and halve green beans. Remove silverbeet leaves from stalk and chop.



### 5. STIR THROUGH GREENS

Stir green beans and silverbeet through vegetables. Cook, covered, for 2-3 minutes. Season with **1 tsp vinegar, salt and pepper** (to taste).



### 6. FINISH AND PLATE

Spoon beans and vegetables into shallow bowls. Top with arancini and dill fronds.

**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**

