




### Product Spotlight: Sunflower Seeds


Sunflower seeds are a plant-based protein winner. They are delicious as a snack or topping for salads, smoothie bowls, soups and dips! You can also blend them to make your own sunflower-seed butter.



## 1 Veggie Fritters with Sunflower Seed Dressing

A simple share salad platter with golden roasted pumpkin, veggie fritters and a cheesy sunflower seed dressing.

 30 minutes

 2 servings

 Plant-Based

4 January 2021

## Spice it up!

*You can add a ground spice of choice to the pumpkin before it roasts. Stretch the dish and serve with some pita breads or wraps.*

Per serve: **PROTEIN** 14g **TOTAL FAT** 15g **CARBOHYDRATES** 47g

## FROM YOUR BOX

DICED PUMPKIN	1 bag (300g)
VEGGIE FRITTERS	1 packet
SUNFLOWER SEED/ NUTRITIONAL YEAST MIX	1 packet (50g)
LEMON	1/2 *
BABY COS LETTUCE	1
RADISHES	1/3 bunch *
CELERY STICK	1
GREEN CAPSICUM	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## KEY UTENSILS

oven tray, stick mixer or blender

## NOTES

If you don't want to blend the sauce you can use the seeds and nutritional yeast as a garnish instead. Serve the salad and fritters with condiment or sauce of choice.



### 1. BAKE PUMPKIN & FRITTERS

Set oven to 220°C.

Toss pumpkin on a lined oven tray with **oil**, **salt and pepper**. Place fritters on tray and bake for 15–20 minutes until golden and cooked through.



### 2. MAKE THE DRESSING

Blend together the sunflower seed mix with lemon juice and **1/3 cup water** using a stick mixer until smooth. Season with **salt and pepper** to taste.



### 3. PREPARE THE SALAD

Wedge the lettuce and radishes. Cut celery and capsicum into short sticks. Arrange on a serving plate.



### 4. FINISH AND PLATE

Add pumpkin, fritters and dressing to salad plate and serve at the table.

**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**

