



**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!



Chickpea and Potato Hash

with Lemon and Dill Yoghurt

A mixture of root vegetables and chickpeas, pan-fried with thyme and paprika. Tasty, yet simple, finished with rocket, and lemon dill yoghurt.

35 minutes

4 servings

Vegetarian

Spice it up!

We have used plain paprika in this recipe. If you like a smoky taste, you can add some smoked paprika and add a little BBQ or chipotle based sauce as well.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	5g	76g

FROM YOUR BOX

MEDIUM POTATOES	800g
RED ONION	1
CAJUN SPICE MIX	1 packet
PARSNIPS	2
CARROTS	2
TINNED CHICKPEAS	2 x 400g
LEMON	1
DILL	1 packet
NATURAL YOGHURT	1 tub
ROCKET	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan

NOTES

If the vegetables start to stick add a little more oil.

Add 1 crushed garlic clove to yoghurt for extra flavour.

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.



Scan the QR code to submit a Google review!



1. FRY THE POTATOES

Heat a large frypan over medium-high heat with **oil**. Dice potatoes into 2cm pieces and slice red onion, adding to pan as you go, along with cajun spice mix. Cook for 6-8 minutes.



2. ADD THE VEGETABLES

Trim and slice parsnips and carrots. Add to pan and cook for 10 minutes. Drain and add chickpeas (see notes). Cook for a further 5-7 minutes, stirring, until vegetables are tender and golden. Season to taste with **salt and pepper**.



3. MIX THE YOGHURT

Zest and juice 1/2 lemon (wedge remaining). Chop dill. Mix together with yoghurt. Season with **salt and pepper** (see notes).



4. FINISH AND SERVE

Divide hash between bowls and top with rocket. Serve with a dollop of yoghurt and a lemon wedge.

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**

