



**Product Spotlight:
Hazelnuts**

Hazelnuts are packed with antioxidants and contain high amounts of phenolic compounds, which help your heart stay healthy by reducing cholesterol and inflammation.



**Sheet Pan Hash
with Hot Honey Dressing**

A rainbow of root veg tossed with fresh sage and roasted with creamy ricotta and free-range eggs served with a chilli-spiked honey and garlic dressing, hazelnuts and fresh lettuce.



Whipped ricotta!

Use a stick mixer or blender to whip ricotta, garlic, honey and chilli flakes.

30 minutes 4 servings Vegetarian

Per serve: **PROTEIN** 26g **TOTAL FAT** 41g **CARBOHYDRATES** 74g

FROM YOUR BOX

SWEET POTATOES	800g
BETROOTS	3
PARSNIPS	2
SAGE	1 packet
RICOTTA	1 tub
GARLIC CLOVE	1
HONEY SHOTS	2
FREE-RANGE EGGS	6-pack
HAZELNUTS	40g
GEM LETTUCE	3-pack

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried chilli flakes, white wine vinegar

KEY UTENSILS

oven tray

NOTES

Use chilli flakes to taste or omit them completely if desired. Substitute with ground chilli, cayenne pepper or hot sauce of choice (use all to taste).



1. PREPARE THE HASH

Set oven to 220°C.

Dice sweet potatoes, beetroots and parsnips (2cm). Roughly chop sage (including tender stems). Toss on a lined oven tray with **oil, salt and pepper**.



4. ADD THE EGGS

Remove oven tray from oven. Crack eggs directly onto tray over vegetables. Return to oven and bake for a further 8-10 minutes or until eggs are cooked to your liking.



2. ADD RICOTTA & BAKE

Dollop ricotta onto tray with vegetables. Drizzle with **oil** and season with **salt and pepper**. Bake for 15 minutes (see step 4).



5. FINISH AND SERVE

Roughly chop hazelnuts.

Divide gem lettuce among plates. Serve with hash. Drizzle over hot honey dressing and sprinkle over hazelnuts.



3. MAKE THE DRESSING

Crush garlic clove. Add to a bowl with honey shots, **1 tsp chilli flakes** (see notes), **1/4 cup olive oil, 3 tbsp vinegar, salt and pepper**. Whisk to combine.

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**

