



Roasted broccolini warm salad

with white beans and chilli maple seed brittle



Delicious, colourful roast vegetables, white beans and delicate broccolini are baked together in this wonderful warm salad. Finished off with two flavour-packed toppings, a lemon and herb dressing and chilli maple seed brittle! Eating the rainbow never tasted so good!.



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large deep baking dish, small frying pan



Pantry items needed: olive oil, salt, freshly ground pepper



Hands-on: 20-25 minutes
Ready in: 40 minutes



Serves: 2 or 4

NO ADDED GLUTEN | HIGH PROTEIN | Adventurous, Spicy (mild)

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Red capsicum	130g	260g
Sweet potato	600g	1200g
Red onion	150g	300g
Broccolini	100g	200g
Cannellini beans	2 cans	4 cans
Salt for roast*	½ tsp	1 tsp
Freshly ground pepper*	½ tsp	1 tsp
Olive oil for roast*	2 tbsp	4 tbsp
Olive oil for seeds*	1 tsp	2 tsp
Chilli maple	1 tub	1 tub
Seed mix	1 packet	1 packet
Parsley	5g	10g
Coriander	5g	10g
Lemon	100g	200g
Salt for dressing*	½ tsp	1 tsp
Olive oil for dressing*	1 tbsp	2 tbsp

* Pantry items

Allergens and ingredients

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare vegetables

Preheat oven to 230°C and place a large deep baking dish in oven to preheat. Slice **capsicum** into long strips. Peel **sweet potato** and slice into 2cm-thick wedges. Halve **onion** and slice into thick wedges. Trim **broccolini**. Drain and rinse **cannellini beans**.

2. Roast vegetables

Remove dish from oven and add **capsicum, sweet potato, onion, salt for roast*, freshly ground pepper*** and **half the olive oil for roast***. Roast for **20 minutes**. Add **broccolini, cannellini beans** and remaining **olive oil for roast***, stir to combine and roast for **10 minutes**.

3. Make brittle

In a small frying pan over medium-low heat, add **olive oil for seeds*** and **chilli maple** and stir together until bubbling. Add **seed mix** and cook, stirring, until sticky and caramelised, about **5 minutes**. Pour onto a plate lined with baking paper and allow to cool. When cooled, break into small pieces.

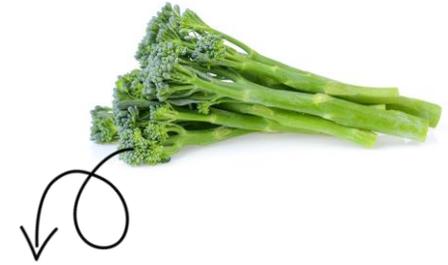
4. Make dressing

Finely chop **parsley** and **coriander**, including stems. Zest and juice **lemon**. In a small bowl, add **parsley, coriander, lemon zest** and **juice, salt for dressing*** and **olive oil for dressing*** and whisk to combine.

5. Serve

Serve **roasted broccolini salad** onto plates. Drizzle over **lemon herb dressing** and sprinkle with **maple seed brittle**.

Eat your way
to healthy!



Broccolini are low in calories but contain a wealth of nutrients and antioxidants. They are a good source of protein and fibre, and contain iron, potassium, calcium, selenium and magnesium, as well as the vitamins A, C, E, K and a range of B vitamins, including B1, B2, B3, B6 and B9.

Broccolini have been linked to health benefits such as reduced inflammation, improved blood sugar control, enhanced immunity and better heart health.

Nutritional information*

	Per 545g serve	Per 100g
Energy	2953kJ (707Cal)	542kJ (130Cal)
Protein	26.8g	4.9g
Fat, total	29.4g	5.4g
- Saturated	4.5g	0.8g
Carbohydrate	70.0g	13.0g
- Sugars	28.0g	5.0g
Sodium	1717mg	315mg

* Nutritional information is based on averages