



COOKING PASSION SINCE 1877



HASSELBACK MISO ROAST VEGETABLES WITH LENTILS

Cooking Method: CircoTherm® 180°C, for 1 hour **Prep Time:** 20 minutes **Serves:** 4



INGREDIENTS

2 kg mixed root vegetables
e.g potato, carrots, parsnips, beetroot
2 tbsp vegetable oil
50ml red wine
400g tinned lentils, in water
100g baby leaf spinach
50g toasted **cashew nuts**
Sea salt and freshly ground black pepper
to taste

For the miso glaze:

3 tbsp **miso paste**
2 tbsp **soy sauce**
2 tbsp maple syrup
1 tbsp rice vinegar
1 garlic clove, grated

Allergens highlighted in **bold**.

PREPARATION

1. To prepare the vegetables, make cuts which are 2/3 deep into the vegetables and 1/2 cm apart along the vegetables. Place on the universal pan and coat with the oil and season with some salt and pepper.
2. Place in the oven at CircoTherm® 180°C for 30-40 minutes, until starting to soften.
3. Meanwhile, make the miso glaze by combining all the ingredients in a bowl. Set aside until required.
4. Once the vegetables are almost cooked, pour in the red wine, add the lentils, spinach and toasted cashews and stir through to combine. Brush the veg with the miso paste and place back into the oven for 15-20 minutes* until the vegetables are cooked through and crispy, and the lentils have absorbed the wine and are tender.

***For additional colour, change to CircoRoast 180°C for the last 15-20 minutes.**

