

## Reast Pumpkin, Beetroot & Spiced nut bowl

with Tri-Coloured Quinoa and Fetta





Toast nuts and seeds for extra crunch









Roasted Almonds



Paprika Spice Blend





Fetta Cheese



Dijon Mustard



Tri-Coloured Quinoa



Vegetable Stock Cube



Hands-on: 20 mins Ready in: 45mins Naturally gluten-free

Not suitable for Coeliacs We toyed with calling this delish little salad 'Fruits of the Forest' because we're whimsical and a little bit ridiculous if we're being honest. But come on! This winning combo of nuts, seeds, cheese and root veg will have you feeling a bit Disney-princess-with-a-forest-animal-sidekick too.

Pantry Staples: Olive Oil, Balsamic Vinegar, Water

# START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, two oven trays lined with baking paper, sieve, medium saucepan, two small bowls, spoon and a large bowl.



### Preheat the oven to 220°C/200°C fanforced. Slice the peeled pumpkin into 0.5 cm thick slices. Slice the beetroot into 0.5 cm thick wedges. \*TIP: Cutting the veggies smaller will speed up the cooking time. Place the pumpkin and beetroot on the oven tray lined with baking paper. Drizzle with olive oil and season with a pinch of salt and pepper.

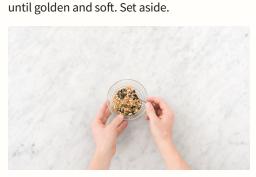
Place in the oven to cook for 30 minutes, or



2 COOK THE QUINOA
While the veggies are roasting, rinse the tri coloured quinoa well. Place the quinoa and the water (check the ingredients list for the amount) into a medium saucepan, crumble in the vegetable stock cube and bring to the boil over a high heat. Reduce the heat to low and simmer for 12-14 minutes, or until the quinoa is tender with a slight bite and all of the water has absorbed. Drain any excess water and leave to cool.



PREP THE DRESSING
While the quinoa is cooking, combine the balsamic vinegar (1 tbs for 2 people / 2 tbs for 4 people), a drizzle of olive oil and the Dijon mustard in a small bowl. Season to taste with a pinch of salt and pepper. Set aside.



4 FLAVOUR THE NUTS & SEEDS
Roughly chop the roasted almonds.
Place the pepitas, sunflower seeds and the almonds in a small bowl and add a drizzle of olive oil and the paprika spice blend. Season with a pinch of salt and pepper and stir to coat the nuts and seeds. In the last 5 minutes of veggie cooking time, add the nuts and seeds to the second oven tray lined with baking paper and place in the oven to cook until fragrant and lightly toasted. \*TIP: Watch they don't burn!



MIX EVERYTHING TOGETHER
Place the quinoa, the roast veggies, the mixed salad leaves and the spiced nuts in a large bowl. Drizzle over the balsamic-Dijon dressing and toss gently to combine.

\* TIP: Allow the quinoa and veggies to cool slightly before tossing the salad to prevent the leaves from wilting.



**SERVE UP**Divide the roast pumpkin, beetroot, quinoa and spiced nuts between bowls.
Crumble over the **fetta**.

**ENJOY!** 

#### 4 PEOPLE

## **INGREDIENTS**

	20	40
	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet	1 packet
beetroot	1	2
tri-coloured quinoa	1 packet (½ cup)	2 packets (1 cup)
water*	1½ cups	3 cups
vegetable stock	1 cube	2 cubes
balsamic vinegar*	1 tbs	2 tbs
Dijon mustard	1 tub (2 tsp)	1 tub (1 tbs)
roasted almonds	1 packet (¼ cup)	2 packets (½ cup)
pepitas	1 packet	2 packets
sunflower seeds	1 packet	2 packets
paprika spice blend	⅓ sachet (1½ tsp)	<b>% sachet</b> (3 tsp)
mixed salad leaves	1 bag	1 bag
fetta	1 block (50 g)	1 block (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2770kJ (661Cal)	534kJ (128Cal)
Protein (g)	25.3g	4.9g
Fat, total (g)	41.7g	8.0g
- saturated (g)	8.4g	1.6g
Carbohydrate (g)	54.1g	10.4g
- sugars (g)	12.8g	2.5g
Sodium (g)	790mg	153mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

#### → JOIN OUR PHOTO CONTEST!







We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
Hello@HelloFresh.com.au

2018 | WK9

**●** HelloFRESH