



# ROAST PUMPKIN, BEETROOT & SPICED NUT BOWL

with Tri-Coloured Quinoa and Fetta



Toast nuts and seeds for extra crunch



Peeled Pumpkin



Beetroot



Roasted Almonds



Pepitas



Paprika Spice Blend



Mixed Salad Leaves



Fetta Cheese



Dijon Mustard



Tri-Coloured Quinoa



Vegetable Stock Cube



Sunflower Seeds



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

## BEFORE YOU 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**.



### 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. 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 until golden and soft. 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!*



### 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.



### 5 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.*



### 3 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.



### 6 SERVE UP

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

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	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	½ sachet (1½ tsp)	¾ sachet (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](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto>Hello@HelloFresh.com.au)

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