



ROAST ROOT VEG & QUINOA

with Spiced Nuts & Fetta



Add toasted nuts and seeds to a dish for extra crunch



Peeled Pumpkin



Beetroot



Tri-Colour Quinoa



Vegetable Stock



Dijon Mustard



Roasted Almonds



Pepitas



Sunflower Seeds



Paprika Spice Blend



Baby Spinach Leaves



Fetta

Hands-on: **20 mins**
Ready in: **45 mins**
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, fetta and root veg will have you feeling a bit Disney-princess-with-a-forest-animal-sidekick too.

Pantry Staples: Olive Oil, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **two oven trays** lined with **baking paper** • **medium saucepan**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **peeled pumpkin** into 0.5cm thick pieces. Slice the **beetroot** into 0.5cm thick wedges. Place the pumpkin and beetroot on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt and pepper**. Roast for **25-30 minutes**, or until tender. **TIP:** Beetroot is still quite firm after it's cooked. It's done when you can easily pierce it with a fork. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



4 FLAVOUR THE NUTS & SEEDS

Roughly chop the **roasted almonds**. In a small bowl, combine the almonds, **pepitas** and **sunflower seeds** and add a **drizzle of olive oil** and the **paprika spice blend** (see **ingredients list**). 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 a separate oven tray lined with baking paper and bake until fragrant and lightly toasted. **TIP:** They can burn fast, so keep an eye on them!



2 COOK THE QUINOA

Rinse the **tri-colour quinoa** well. In a medium saucepan, combine the quinoa, **water** and crumbled **vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Bring to the boil, then reduce the heat to medium and simmer for **15 minutes**, or until the quinoa is tender. Drain and return to the pan.



5 MIX IT ALL TOGETHER

Add the **quinoa, roast veggies, spiced nuts** and **baby spinach leaves** to the dressing. Toss to combine. **TIP:** Allow the quinoa and veggies to cool slightly before making the salad to keep the leaves crisp.



3 PREP THE DRESSING

While the quinoa is cooking, combine the **balsamic vinegar, Dijon mustard** and **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) in a large bowl. Season to taste with **salt and pepper**. Set aside.



6 SERVE UP

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

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet (200 g)	1 packet (400 g)
beetroot	1	2
tri-colour quinoa	1 packet	2 packets
water*	1 ½ cups	3 cups
vegetable stock	½ cube	1 cube
balsamic vinegar*	2 tsp	1 tbs
Dijon mustard	1 tub (15 g)	2 tubs (30 g)
roasted almonds	1 packet	2 packets
pepitas	1 packet	2 packets
sunflower seeds	1 packet	2 packets
paprika spice blend	½ sachet	1 sachet
baby spinach leaves	1 bag (90 g)	1 bag (180 g)
fetta	1 block (50 g)	1 block (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2510kJ (599Cal)	652kJ (156Cal)
Protein (g)	25.3g	6.6g
Fat, total (g)	35.6g	9.3g
- saturated (g)	7.7g	2.0g
Carbohydrate (g)	50.6g	13.2g
- sugars (g)	12.9g	3.4g
Sodium (g)	627mg	163mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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