

SWEET CHILLI PUMPKIN & QUINOA SALAD

Toss together a bright and flavoursome salad full of autumn flavours and gorgeous colours. Hearty butternut pumpkin

gets golden in the oven, and a dash of roasted sweet chilli sauce adds a caramelised touch to the vegetables. With fresh

with Avocado & Fetta





Roast pumpkin with sweet chilli sauce!











Sweet Chilli Sauce





Flaked Almonds

Green Beans





Tri-Colour Quinoa





Rocket Leaves



Fetta

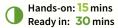


Cherry Tomatoes



Vegetable Stock

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine)





greens and tender quinoa, this is a salad made for dinnertime!

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

• oven tray lined with baking paper • medium saucepan



Preheat the oven to 220°C/200°C fanforced. Peel the butternut pumpkin and cut into 2cm chunks. *TIP: Keep the peel on if you're in a rush, it becomes tender after roasting and adds fibre. Roughly chop the red onion. Place the pumpkin, onion and garlic (unpeeled) on an oven tray lined with baking paper. Drizzle with olive oil, season with a good pinch of salt and pepper and toss to coat. Spread in a single layer and roast until the onion is just tender, 15 minutes. Drizzle with the sweet chilli sauce, toss to coat and roast until caramelised. 10 minutes. Set aside.



2 TOAST THE NUTS

While the pumpkin is roasting, heat a medium saucepan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Transfer to a small bowl.



Trim the green beans and cut into thirds. Rinse the tri-colour quinoa well. Place the quinoa, crumbled vegetable stock (1/2 cube for 2 people / 1 cube for 4 people) and the water into the saucepan. Bring to the boil, stir and reduce the heat to medium and simmer, uncovered, for 4 minutes. Add the green beans, and cook until the quinoa and green beans are tender, 4-6 minutes. Drain and set aside to cool.



MAKE THE DRESSING
In a large bowl, combine olive oil (1 tbs
for 2 people / 2 tbs for 4 people) with the
vinegar and a generous pinch of salt and
pepper. Remove the roasted garlic from its
skin (it may be hot!). Mash with a fork, add to
the bowl with the salad dressing and mix well
to combine. Cut the avocado into 2cm chunks.

TIP: Slice the avocado into cubes while the
flesh is still in the skin, then scoop the cubed
flesh out with a spoon.



DRESS THE SALAD
Halve the cherry tomatoes. Add the cherry tomatoes, cooled quinoa and green beans, avocado and rocket leaves to the bowl with the salad dressing and gently toss to combine. TIP: Toss the salad just before serving to keep the leaves crisp.



SERVE UPDivide the quinoa salad between plates.
Top with the sweet chilli roasted pumpkin and onion. Sprinkle with the flaked almonds.
Crumble over the **fetta**.

ENJOY!

INGREDIENTS

| | , | , |
|-----------------------------------|----------------------|--------------------|
| | 2P | 4P |
| olive oil* | refer to method | refer to method |
| butternut pumpkin | 1 | 1 |
| red onion | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| sweet chilli sauce | 2 tubs (75 g) | 2 tubs (150 g) |
| flaked almonds | 1 packet | 2 packets |
| green beans | 1 bag (100 g) | 1 bag (200 g) |
| tri-colour quinoa | 1 packet | 2 packets |
| vegetable stock | ½ cube | 1 cube |
| water* | 1½ cups | 3 cups |
| vinegar* (white wine or red wine) | 2 tsp | 1 tbs |
| avocado | 1 | 2 |
| cherry tomatoes | 1 punnet | 2 punnets |
| rocket leaves | 1 bag (60 g) | 1 bag (120 g) |
| fetta | 1 block (50 g) | 1 block (100 g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2860kJ (684Cal) | 503kJ (120Cal) |
| Protein (g) | 21.6g | 3.8g |
| Fat, total (g) | 36.1g | 6.4g |
| - saturated (g) | 9.2g | 1.6g |
| Carbohydrate (g) | 72.5g | 12.7g |
| - sugars (g) | 32.6g | 5.7g |
| Sodium (g) | 675mg | 119mg |
| | | |

For allergens and ingredient information, visit **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

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