



# SWEET CHILLI PUMPKIN & QUINOA SALAD

with Avocado & Fetta



Roast pumpkin with sweet chilli sauce!



Red Onion



Butternut Pumpkin



Garlic



Sweet Chilli Sauce



Flaked Almonds



Green Beans



Tri-Colour Quinoa



Avocado



Rocket Leaves



Fetta



Cherry Tomatoes



Vegetable Stock

Hands-on: 15 mins  
Ready in: 30 mins

Naturally gluten-free  
Not suitable for Coeliacs

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

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

# BEFORE YOU START

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**



## 1 ROAST THE VEGETABLES

Preheat the oven to **220°C/200°C fan-forced**. 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.



## 4 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.*



## 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.



## 5 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.*



## 3 COOK THE QUINOA

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.



## 6 SERVE UP

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

# ENJOY!

# 2|4 PEOPLE 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](https://www.hellofresh.com.au/foodinfo)

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