



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BEETROOT

Our healthy and delicious WA beets are dense with nutrients such as potassium, magnesium, folate and vitamin C. On top of that they can help reduce blood pressure, improve circulation and are great for the health of our eyes!



2. ROAST CUMIN BEETROOT

WITH QUINOA, ORANGE & NUT FETA

Spiced roast veggies with quinoa, fresh orange and festival lettuce, finished with an orange balsamic dressing and harissa 'goats' cheese from Noshing Naturally.

 30 Minutes

 4 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
13g	41g	40g

24 February 2020

FROM YOUR BOX

QUINOA	1 packet (150g)
BEETROOTS	3
CARROTS	2
RED ONION	1/2 *
ORANGE	1
RADISHES	1/3 bunch *
FESTIVAL LETTUCE	1
PEPITA SEEDS	1 packet (40g)
HEMP DUKKAH	1/2 packet (15g) *
'GOATS' CHEESE	1 jar

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, ground cumin, balsamic vinegar

KEY UTENSILS

saucepan, oven tray

NOTES

Toss the beetroot and carrot separately so the beetroot doesn't stain the other vegetables.



1. COOK THE QUINOA

Set oven 220°C.
Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Wedge beetroots. Slice carrots and onion. Toss on a lined oven tray with **1/2 tbsp cumin, oil, salt and pepper** (see notes). Roast for 20 minutes until cooked through (see step 5).



3. PREPARE THE DRESSING

Zest orange to yield 1 tsp. Whisk together with **2 tbsp balsamic vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**. Set aside.



4. PREPARE THE SALAD

Peel and slice orange. Wedge radishes. Roughly tear lettuce leaves (rinse if needed). Set aside.



5. TOAST PEPITAS (OPTIONAL)

Add pepita seeds to roasting tray for last 5 minutes of cooking time or until toasted.



6. FINISH AND PLATE

Stir dukkah through quinoa. Divide quinoa, salad and roast vegetables among bowls. Spoon over 'goats' cheese and dressing to taste.