



Product Spotlight: Pepitas


With nutrients like magnesium, copper, protein and zinc, pepitas are nutritional powerhouses that can give your health an added boost.




Smoky Roasted Cauliflower

Quinoa Bowl

Cauliflower roasted with smoky spices, served bowl style over a bed of quinoa, Naked Food Co labneh, fresh vegetables, bright lemon and pepitas.

 30 minutes

 2 servings

 Vegetarian

21 April 2023

Switch it up!

Add the tomato and capsicum to the roasting tray to warm up the dish.

Per serve: **PROTEIN** 26g **TOTAL FAT** 32g **CARBOHYDRATES** 49g

FROM YOUR BOX

MIXED QUINOA	100g
CAULIFLOWER	1/2
LEMON	1
RED CAPSICUM	1
TOMATO	1
ROCKET LEAVES	1 bag (60g)
PEPTIAS	1 packet (40g)
AGAVE DRESSING	1 sachet
LABNEH	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric, smoked paprika

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

To season the cauliflower you could also use curry powder, garam masala, ground cumin or ground coriander.

Mix labneh with oil in tub to help stretch it out.



1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



4. TOAST THE PEPITAS

Toast pepitas in a frypan over medium-high heat for 1–2 minutes, or until golden.



2. ROAST THE CAULIFLOWER

Cut cauliflower into florets. Toss on a lined oven tray with **3 tbsp oil, 1 tbsp turmeric, 1 tbsp paprika, salt and pepper** (see notes). Roast for 20 minutes.



5. TOSS THE QUINOA

Add quinoa to a large bowl along with juice from 1/2 lemon (wedge remaining), agave dressing, **salt and pepper** and prepared ingredients. Toss well to combine.



3. PREPARE THE INGREDIENTS

Zest lemon (reserve remaining lemon for step 5). Dice capsicum and tomato. Set aside with rocket leaves.



6. FINISH AND SERVE

Spoon even amounts of labneh (see notes) into base of shallow bowls. Top with tossed quinoa and roasted cauliflower. Sprinkle over pepitas and serve with lemon wedges.



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