



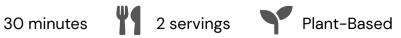
Roasted Vegetable Bowl

with Creamy Chilli Cheese Dressing

Autumnal vegetable bowl featuring roasted tomatoes, beetroot and chickpeas. Served with quinoa and delicious chilli cheese dressing and dollop.







Spice it up!

When roasting the vegetables you can add some extra spices such as cumin, sumac or chilli flakes for extra flavour!

TOTAL FAT CARBOHYDRATES

FROM YOUR BOX

MIXED QUINOA	1 packet (100g)
CHERRY TOMATOES	1 bag (200g)
RED CAPSICUM	1
BEETROOT	1
TINNED CHICKPEAS	400g
SNOWPEA SPROUTS	1 punnet
BABY SPINACH	1 bag (60g)
CASHEW CHILLI CHEESE	1 jar (300g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, vinegar (of choice)

KEY UTENSILS

saucepan, oven tray

NOTES

If you prefer, the ingredients can be all tossed together with the dressing and then served.



1. COOK THE QUIONA

Set oven to 200°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



2. ROAST THE VEGETABLES

Halve cherry tomatoes, dice capsicum and beetroot. Arrange on a lined oven tray with drained chickpeas, toss with 1/2 tbsp coriander, oil, salt and pepper. Roast for 15–20 minutes until golden and tender.



3. TOSS THE GREENS

Cut the sprouts into thirds. Toss together with spinach, 1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper.



4. MAKE THE DRESSING

Place half the chilli cheese into a bowl. Mix together with 1/4 cup water to a drizzling consistency.



5. FINISH AND SERVE

Divide quinoa between bowls, top with leaves, roasted vegetables and chickpeas. Add a dollop of cashew cheese and drizzle with dressing to taste (see notes).



