




Product Spotlight: Chickpeas


As a legume, chickpeas are considered both a vegetable and protein food, helping you hit two important food groups at once!



12 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.

 30 minutes

 2 servings

 Plant-Based

4 March 2022

Spice it up!

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

Per serve: **PROTEIN** 32g **TOTAL FAT** 57g **CARBOHYDRATES** 65g

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).

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

