



Product Spotlight: Brussels sprouts

The vegetable many people love to hate! Brussels sprouts are full of nutrients; one cup contains the daily requirement of vitamins C and K.



Autumn Harvest Bowl with Maple Mustard Dressing

A nourishing bowl with brown rice and quinoa served with roast seasonal vegetables, fresh apple, avocado and pecans. All finished with a roast lemon and mustard dressing.



25 minutes



4 servings



Plant-Based

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Spice it up!

Add some fresh parsley or basil to the dressing if you have some. Dried chilli flakes and crushed garlic are also great for some extra spice!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	29g	84g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
BRUSSELS SPROUTS	300g
LEMON	1
RED APPLES	2
AVOCADO	1
ROCKET LEAVES	1 bag (60g)
PECANS	1 packet (80g)
PRECOOKED BROWN RICE AND QUINOA	2 packets
DIJON MUSTARD	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, ground all spice, vinegar (of choice)

KEY UTENSILS

large frypan, oven tray

NOTES

You can use ground cinnamon or ground coriander if you don't have ground all spice.

If you don't have a citrus squeezer, use tongs to help squeeze the roast lemon if it is too hot to handle.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and scrub carrots. Halve Brussels sprouts and lemon. Toss on a lined oven tray with **1 tsp all spice, oil, salt and pepper** (see notes). Roast for 15 minutes until tender and cooked through.



4. WARM THE RICE

Add rice and quinoa to pan along with **1 cup water**. Cook for 2-3 minutes until warmed through.



2. PREPARE THE SALAD

Dice apples and slice avocado. Set aside with rocket leaves.



5. PREPARE THE DRESSING

Carefully squeeze juice from roasted lemon into a bowl (see notes). Whisk together with mustard, **3 tbsp maple syrup, 2 tbsp olive oil, 1 tbsp vinegar, salt and pepper**.



3. TOAST THE PECANS

Roughly chop pecans. Add to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Remove from pan and keep on heat.



6. FINISH AND SERVE

Divide rice and quinoa among bowls. Top with fresh and roasted vegetables. Garnish with toasted pecans. Serve with dressing to taste.

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**

