

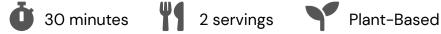




## Harissa Roast Veggies

### with Quinoa

A medley of vegetables roasted in a harissa paste with warming flavours of garlic, mint, paprika and lemon, finished with a creamy hummus dressing and fresh parsley.







# Make a stew!

You can dice and braise the vegetables with the harissa paste and some stock to make a warming stew, delicious served over quinoa!

TOTAL FAT CARBOHYDRATES

40g

104g

#### FROM YOUR BOX

WHITE QUINOA	100g
BABY EGGPLANT	1
ZUCCHINI	1
RED CAPSICUM	1
HARISSA PASTE SACHET	1
LEMON	1
HUMMUS DIP	1 tub
PARSLEY	1 packet

#### FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin

#### **KEY UTENSILS**

saucepan, oven tray

#### **NOTES**

If you have any leftover seeds, dukkah or nuts in your pantry you can add them as a topping for this dish!



#### 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.



#### 2. PREPARE THE VEGETABLES

Slice eggplant, zucchini and capsicum. Toss on a lined oven tray with 1/2 tbsp cumin.



#### 3. ROAST THE VEGETABLES

Whisk together harissa paste, juice of 1/2 lemon (wedge remaining), 1 tbsp olive oil and 1 tbsp water. Pour over vegetables and toss to combine. Roast in oven for 20–25 minutes until cooked through.



#### 4. PREPARE THE DRESSING

Combine hummus with **1/4 cup water** until it reaches a drizzling consistency.



#### 5. FINISH AND SERVE

Serve quinoa topped with roast vegetables. Drizzle with hummus dressing to taste and garnish with chopped parsley (see notes). Serve with lemon wedges.



**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** 



