



### Product Spotlight: Eggplant

Loved for its creamy texture after cooking, eggplant is commonly known as a vegetable, but it is a member of the berry family!



## 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.



30 minutes



2 servings



Plant-Based

7 April 2023

## 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!*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	40g	33g	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.



### 4. PREPARE THE DRESSING

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



### 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.



### 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.



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