



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



4 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:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	37g	62g

FROM YOUR BOX

WHITE QUINOA	200g
EGGPLANT	1
ZUCCHINIS	2
RED CAPSICUM	1
HARISSA PASTE SACHETS	2
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 (into crescents), zucchinis and capsicum. Toss on a lined oven tray with **1 tbsp cumin**.



3. ROAST THE VEGETABLES

Whisk together harissa paste, juice of 1/2 lemon (wedge remaining), **1/4 cup olive oil** and **1/4 cup 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 and garnish with chopped parsley (see notes). Serve with lemon wedges.



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