





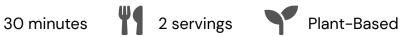
# **Roast Beets**

# with Chickpea Couscous and Macadamia Cheese

Oven-roasted beetroot and carrot with cumin seeds, tossed with fluffy chickpea couscous, orange and agave dressing, finished with spoonfuls of macadamia cheese.







# Spice it up!

You can use a pre-made Middle Eastern or Moroccan spice mix on the vegetables instead of cumin seeds.

PROTEIN TOTAL FAT CARBOHYDRATES

21g

36g

76g

#### FROM YOUR BOX

BEETROOTS	2
CARROTS	2
ORANGE	1
CHICKPEA COUSCOUS	100g
AGAVE DRESSING	1 sachet
PEPITA/SUNFLOWER SEEDS	1 packet (40g)
BABY SPINACH	1 bag (60g)
MACADAMIA CHEESE	1 jar

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds, balsamic vinegar

#### **KEY UTENSILS**

oven tray, small saucepan, small frypan

#### **NOTES**

You can scatter the seed mix over the vegetables in the oven for the last 5 minutes of cooking time instead of toasting in a frypan.



#### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge beetroots and cut carrots into angular pieces. Toss on a lined oven tray with <u>orange zest</u>, 1 tsp cumin seeds, 1/2 tbsp balsamic vinegar, oil, salt and pepper. Roast for 20-25 minutes until tender.



### 4. TOAST THE SEEDS

Add pepita and sunflower seeds to a dry frypan (see notes). Toast for 3-4 minutes until golden.



# 2. COOK THE COUSCOUS

Pour **200ml water** into a saucepan. Bring to a boil and remove from heat. Add couscous and stir to combine. Cover and leave to stand for 10 minutes. Use a fork to fluff and season with **salt and pepper**.



#### 3. PREPARE THE COMPONENTS

Whisk together agave dressing with juice of 1/2 orange and 1 tbsp balsamic vinegar.

Slice remaining orange.



# **5. FINISH AND SERVE**

Toss the cooked vegetables with spinach, couscous, orange and dressing. Spoon macadamia cheese over top. Garnish with seeds.







