



**Product Spotlight:
Beetroot**

Beets are high in vitamin C (immune-boosting), fibre and potassium (minerals essential for healthy nerve and muscle function). Furthermore, beetroots are one of the 10 most antioxidant-rich vegetables!



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.



30 minutes



2 servings



Plant-Based

Per serve:	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.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge beetroots and cut carrots into angular pieces. Toss on a lined oven tray with orange zest, **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**.



5. FINISH AND SERVE

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



3. PREPARE THE COMPONENTS

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

Slice remaining orange.

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**

