



**Product Spotlight:**  
**Lime**

Did you know? Seedless limes are classified as parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. Though some fruits are grown to have no seeds, seedless limes occur naturally!



**Tropical Quinoa Bowl**  
**with Crispy Chickpeas**

A summer-fresh grain bowl with quinoa, fresh nectarine, vegetables, crispy chickpeas and lime basil sauce.

Switch it up!

Serve as a large platter-style salad tossed with the sauce if preferred.



30 minutes



4 servings



Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	23g	107g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
WHITE QUINOA	200g
LIME	1
BASIL	2 packets
TINNED CHICKPEAS	400g
NECTARINES	2
AVOCADOS	2
COLESLAW	1 bag (250g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, maple syrup

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

You can remove the skin from the pumpkin if you prefer. We like keeping it on to save time and for the extra nutritional benefits.

Squeeze the excess moisture from the quinoa after cooking by pressing it in a sieve. This will help you achieve extra fluffy quinoa.



### 1. ROAST THE PUMPKIN

Set oven to 220° C.

Slice pumpkin into crescents (see notes) and toss on a lined oven tray with **oil**, **1 tbsp cumin**, **salt and pepper**. Roast for 20–25 minutes until tender.



### 2. COOK THE QUINOA

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 (see notes).



### 3. MAKE THE SAUCE

Zest lime and juice half (wedge remaining). Thinly slice basil. Mix in a bowl with **1/4 cup olive oil**, **1 tbsp maple syrup**, **1/4 cup water**, **salt and pepper**.



### 4. CRISP THE CHICKPEAS

Heat a large frypan over medium-high heat with **oil**. Drain and rinse chickpeas, pat dry with paper towel. Add to pan and cook for 3–5 minutes until crispy. Remove to a plate and season with **salt and pepper**.



### 5. PREPARE THE INGREDIENTS

Dice nectarines and avocados.



### 6. FINISH AND SERVE

Divide quinoa among bowls. Top with slaw, prepared ingredients, roasted pumpkin and crispy chickpeas. Drizzle over sauce and serve with lime 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**

