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, spring onions, orange and agave dressing, finished with spoonfuls of macadamia cheese.

30 minutes　　**4 servings**　　**Plant-Based**

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Spice it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	31g	71g

FROM YOUR BOX

BEETROOTS	4
CARROTS	2
ORANGES	2
CHICKPEA COUSCOUS	200g
AGAVE DRESSING	2 sachets
SPRING ONIONS	1 bunch
PEPITA/SUNFLOWER SEEDS	1 packet (40g)
BABY SPINACH	1 bag (120g)
MACADAMIA CHEESE	1 jar

FROM YOUR PANTRY

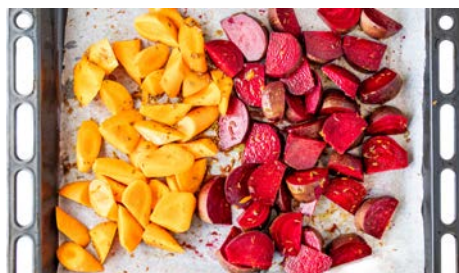oil for cooking, salt, pepper, cumin seeds, balsamic vinegar

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 220ºC.

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

2. COOK THE COUSCOUS

Pour **400ml 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 from zested orange and **2 tbsp balsamic vinegar**.

Slice second orange. Slice spring onions.

4. TOAST THE SEEDS

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

5. FINISH AND SERVE

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

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**