Product Spotlight: Quinoa

Quinoa is gluten-free, high in protein and one of the only plant foods to contain all nine essential amino acids.

K4 — Maple Roasted Brussels Bowl
with Quinoa

Brussels sprouts, pears and zucchini roasted with sumac and maple syrup for a sweet but citrus flavour served with quinoa, grilled avocado and tomatoes, and finished with a maple dressing.

🕑 30 minutes   🍴 4 servings   🌱 Plant-Based

15 July 2022

Spice it up!

Add a stock cube to the quinoa when cooking for a flavour boost. Roast some whole garlic cloves with the vegetables, then squeeze roasted garlic into the dressing or toss through the vegetables.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	38g	50g

FROM YOUR BOX

MIXED QUINOA	200g
BRUSSELS SPROUTS	300g
PEARS	2
ZUCCHINI	1
OLIVES	1 (tub)
AVOCADOS	2
CHERRY TOMATOES	1 bag (200g)
SPICED SPROUTED SUNFLOWER SEEDS	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, sumac (see notes), ground cumin, vinegar

KEY UTENSILS

grill/frypan, saucepan, oven tray

NOTES

If you don't have sumac you can replace it with ground coriander or some lemon zest.

Add the cherry tomatoes to the roasting tray if you would prefer them warm.

You can dice the avocado and toss all of the components together with the dressing if preferred.

1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and rinse.

2. ROAST THE VEGETABLES

Halve Brussels sprouts, slice pears and dice zucchini. Drain olives. Toss together on a lined oven tray with **1 tbsp maple syrup, 1/2 tbsp sumac, 1/2 tbsp cumin, oil, salt and pepper.** Cook for 20 minutes or until golden and tender.

3. PREPARE THE TOPPINGS

Heat a grill pan over medium-high heat with oil. Halve avocados and rub with **oil salt and pepper.** Grill for 2-3 minutes each side (optional).

Halve cherry tomatoes (see notes).

4. MAKE THE DRESSING

In a small bowl whisk together **3 tbsp olive oil, 1 tbsp vinegar, 1/2 tbsp maple syrup, 1 tsp sumac, salt and pepper.**

5. FINISH AND SERVE

Divide quinoa between bowls. Top with roasted and fresh vegetables. Sprinkle with sunflower seeds and spoon over dressing to taste (see notes).

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**