



### Product Spotlight: Brussels sprouts

The vegetable many people love to hate! Brussels sprouts are full of nutrients; one cup contains the daily requirement of vitamins C and K.



## Autumn Harvest Bowl with Maple Mustard Dressing

A nourishing bowl with brown rice and quinoa served with roast seasonal vegetables, fresh apple, avocado and pecans. All finished with a roast lemon and mustard dressing.



25 minutes



2 servings



Plant-Based

### Spice it up!

*Add some fresh parsley or basil to the dressing if you have some. Dried chilli flakes and crushed garlic are also great for some extra spice!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	33g	128g

## FROM YOUR BOX

DUTCH CARROTS	1 bunch
BRUSSELS SPROUTS	100g
LEMON	1
APPLE	1
AVOCADO	1
ROCKET LEAVES	60g
PECANS	1 packet
PRECOOKED BROWN RICE AND QUINOA	1 packet
MUSTARD	1 jar

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, ground coriander, vinegar (of choice)

## KEY UTENSILS

large frypan, oven tray

## NOTES

You can use ground cinnamon, all spice or ground paprika if you want to switch it up

If you don't have a citrus squeezer, use tongs to help squeeze the roast lemon if it is too hot to handle.



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### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and scrub carrots. Halve Brussels sprouts and lemon. Toss on a lined oven tray with **oil, 1 tsp coriander, salt and pepper** (see notes). Roast for 15 minutes until tender and cooked through.



### 4. WARM THE RICE

Add rice and quinoa to pan along with **1/2 cup water**. Cook for 2-3 minutes until warmed through.



### 2. PREPARE THE SALAD

Dice apple and slice avocado. Set aside with rocket leaves.



### 5. PREPARE THE DRESSING

Carefully squeeze juice from roasted lemon into a bowl (see notes). Whisk together with mustard, **3 tbsp maple syrup, 2 tbsp olive oil, 1 tbsp vinegar, salt and pepper**.



### 3. TOAST THE PECANS

Roughly chop pecans. Add to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Remove from pan and keep pan on heat.



### 6. FINISH AND SERVE

Divide rice and quinoa among bowls. Top with fresh and roasted vegetables. Garnish with toasted pecans. Serve with dressing to taste.

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