

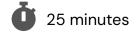




## **Autumn Harvest Bowl**

### 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.







# 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!

TOTAL FAT CARBOHYDRATES

26g

125g

#### FROM YOUR BOX

DUTCH CARROTS	1 bunch
BRUSSELS SPROUTS	300g
LEMON	1
APPLES	2
AVOCADO	1
ROCKET LEAVES	60g
PECANS	1 packet
PRECOOKED BROWN RICE AND QUINOA	2 packets
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.





#### 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, 11/2 tsp coriander, salt and pepper (see notes). Roast for 15 minutes until tender and cooked through.



#### 2. PREPARE THE SALAD

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



#### 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 on heat.



#### 4. WARM THE RICE

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



#### 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.



#### 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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