



### 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 red quinoa served with roast seasonal vegetables, fresh apple, avocado and pecans. All finished with a roast lemon and mustard dressing.



25 minutes



Plant-Based



2 servings

## Spice it up!

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

Per serve: **PROTEIN** 16g **TOTAL FAT** 28g **CARBOHYDRATES** 51g

## FROM YOUR BOX

DUTCH CARROTS	1 bunch
BRUSSELS SPROUTS	200g
LEMON	1
ORGANIC RED QUINOA	100g
PECANS	1 packet
APPLE	1
AVOCADO	1
ROCKET LEAVES	60g
MUSTARD	1 jar

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, ground coriander, apple cider vinegar

## KEY UTENSILS

large frypan, oven tray, saucepan

## NOTES

Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

The lemon juice may be extremely hot. Use a citrus squeezer or tongs to squeeze the juice from lemon.



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### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Trim and scrub **carrots**, halve or quarter **Brussels sprouts**, and halve **lemon**. Toss on a lined oven tray with **oil**, **1 tsp coriander**, **salt** and **pepper**. Roast for 15–20 minutes until tender and cooked through.



### 4. PREPARE THE SALAD

Slice **apple** and **avocado**. Set aside with **rocket leaves**.



### 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).



### 5. PREPARE THE DRESSING

Carefully squeeze **juice** from **roasted lemon** into a bowl (see notes). Whisk together with **mustard**, **1 tbsp maple syrup**, **2 tbsp olive oil**, **1/2 tsp 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 **pecans** to a bowl to prevent them from burning.



### 6. FINISH AND SERVE

Divide **quinoa** among bowls. Top with **fresh and roasted vegetables**. Garnish with **toasted pecans** and serve with **dressing**.

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