

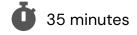




Root Vegetable Tray Bake

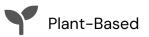
with Sweet Potato Hummus

Earthy beetroot, sweet dutch carrots, and zucchini roasted, served on a bed of sweet potato hummus with a herbaceous lemon, cucumber and mixed quinoa toppings.





2 servings



Switch it up!

Some of the roasted vegetables can be used to blend into the hummus. Beetroot will make a deep earthy flavoured hummus, and carrot will give a sweeter taste.

TOTAL FAT CARBOHYDRATES

67g

Hummus

FROM YOUR BOX

SWEET POTATO	300g	
DUTCH CARROTS	1 bunch	
BEETROOTS	2	
ZUCCHINI	1	
MIXED ORGANIC QUINOA	100g	
PARSLEY	1 packet	
MINT	1 packet	
LEMON	1	
LEBANESE CUCUMBER	1	
LEBANESE CUCUMBER HUMMUS	1 1 tub	

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, ground coriander

KEY UTENSILS

saucepan, oven tray, stick blender (or small food processor)

NOTES

Cut beetroots into thin wedges to ensure they cook in the same time as the other vegetables.

Want to speed up dinner? Skip blending the sweet potato with the hummus. Mix hummus with water to loosen and serve sweet potato with remaining vegetables.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop sweet potato, trim dutch carrots, wedge beetroots thinly (see notes) and cut zucchini into crescents. Toss on a lined oven tray with oil, 2 tsp cumin, 1 tsp coriander, salt and pepper. Roast for 15-20 minutes until tender.



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



3. PREPARE THE TOPPING

Roughly chop the parsley and mint leaves, add to a bowl with zest and juice of 1/2 lemon, 2 tbsp olive oil, salt and pepper. Whisk together. Dice cucumber, stir into dressing.



4. BLEND THE HUMMUS

Using a stick mixer, blend hummus with roasted sweet potato (see notes), **2 tbsp** water and remainder of lemon juice, to a smooth consistency. Season with salt and pepper.



5. TOSS THE QUINOA

Stir the prepared dressing and cucumber through the cooked quinoa until it is well coated.



6. FINISH AND PLATE

Spoon hummus onto base of shallow bowls, top with even amounts of roasted vegetables and dressed quinoa.

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