



### Product Spotlight: Cauliflower

Cauliflower is a member of the cabbage family; while most people only eat the florets, the stem and leaves are also edible and are great in soups and stocks.



# Smoky Roasted Veggie Bowl

## with Orange Dressing

Smoky roasted cauliflower and carrots with fluffy quinoa, creamy avocado, cherry tomatoes and a bright orange dressing. Finished with almonds and cranberries for crunch.

### Bulk it up!

You can top with *crispy baked chickpeas* or *marinated tofu cubes* if you have some on hand.



35 minutes



Plant-Based



2 servings

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 11g     | 24g       | 56g           |

## FROM YOUR BOX

|                        |          |
|------------------------|----------|
| CAULIFLOWER            | 1/2      |
| CARROT                 | 1        |
| MIXED ORGANIC QUINOA   | 100g     |
| ORANGE                 | 1        |
| CHERRY TOMATOES        | 200g     |
| AVOCADO                | 1        |
| ALMOND + CRANBERRY MIX | 60g      |
| PARSLEY                | 1 packet |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, red or apple cider vinegar

## KEY UTENSILS

oven tray, saucepan

## NOTES

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

Switch the flavours up! Substitute smoked paprika with ground cumin, lemon pepper or ground coriander.



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## 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **cauliflower** into florets and dice **carrots**. Toss on a lined oven tray with **oil**, **2 tsp smoked paprika**, **salt and pepper** (see notes). Roast for 20–25 minutes or until golden and tender.



## 4. PREPARE FRESH TOPPINGS

Halve **cherry tomatoes**, dice **avocado** and roughly chop **almonds and cranberries**. Finely chop **parsley**.



## 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. FINISH AND SERVE

Divide **quinoa** among bowls. Top with **roasted vegetables, cherry tomatoes and avocado**. Spoon over **orange dressing** and garnish with **almonds, cranberries and parsley**.



## 3. MAKE THE DRESSING

**Zest and juice orange** into a bowl. Whisk with **1 tbsp vinegar**, **1/2 tbsp olive oil**, **salt and pepper**.

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