




### 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

 4/6 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	TOTAL FAT	CARBOHYDRATES
	17g	30g	54g

## FROM YOUR BOX

	4 PERSON	6 PERSON
DUTCH CARROTS	1 bunch	2 bunches
BRUSSELS SPROUTS	400g	400g + 200g
LEMON	1	2
ORGANIC RED QUINOA	200g	200g + 100g
PECANS	2 packets	3 packets
APPLES	2	3
AVOCADO	2	3
ROCKET LEAVES	2x 60g	3x 60g
MUSTARD	2 jars	3 jars

## 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 1/2 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 1/2 tbsp maple syrup**, **2 tbsp olive oil**, **1 tbsp water**, **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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