




Product Spotlight: Hummus


Low in saturated fat and high in fibre and protein, hummus also offers complex carbohydrates to make you feel satisfied and full.



Root Vegetables with Herby Quinoa and 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.

 35 minutes

 4 servings

 Plant-Based

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.

Per serve: **PROTEIN** 12g **TOTAL FAT** 11g **CARBOHYDRATES** 55g

FROM YOUR BOX

SWEET POTATO	300g
DUTCH CARROTS	1 bunch
BEETROOTS	3
ZUCCHINIS	2
MIXED ORGANIC QUINOA	200g
PARSLEY	1 packet
MINT	1 packet
LEMON	1
LEBANESE CUCUMBERS	2
HUMMUS	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.



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, 3 tsp cumin, 2 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 half 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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