



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.



35 minutes



Plant-Based



4/6 servings

Bulk it up!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	11g	24g	52g/57g

FROM YOUR BOX

	4 PERSON	6 PERSON
CAULIFLOWER	1	1
CARROTS	2	3
MIXED ORGANIC QUINOA	2 x 100g	3 x 100g
ORANGE	1	2
CHERRY TOMATOES	200g	2 x 200g
AVOCADOS	2	3
ALMOND + CRANBERRY MIX	2 x 60g	3 x 60g
PARSLEY	1 packet	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**, **3 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 tbsp olive oil**, **salt and pepper**.

6P – add 2 tbsp vinegar.

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