



### Product Spotlight: Cumin Cluster Mix

A crunchy mix of pepitas, slivered almonds, sunflower seeds and cumin seeds adds warmth, texture and flavour, along with plant-based protein and healthy fats.



## Layered Quinoa Bowl with Chilli Cumin Clusters

A vibrant plant-based bowl layered with spiced roasted vegetables, herbed quinoa and fresh citrus, finished with crunchy sweet chilli cumin clusters and creamy skordalia.



### Switch it up!

*You can switch up the vegetables using sweet potato, pumpkin, tomatoes or zucchini if you like. Add chickpeas for extra plant-based protein.*



40 minutes



Plant-Based



2 servings

Per serve :	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	11g	13g	60g

## FROM YOUR BOX

EGGPLANT	1
SHALLOT	1
RED CAPSICUM	1
ORGANIC MIXED QUINOA	100g
CUMIN CLUSTER MIX	1 packet
ORANGE	1
PARSLEY	1 packet
ROCKET LEAVES	60g
SKORDALIA	1 tub

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, ground coriander, maple syrup

## KEY UTENSILS

oven tray, frypan, saucepan

## NOTES

If you prefer a milder flavour, mix the skordalia with a little yoghurt or plant-based yoghurt. Leftover skordalia is great as a spread in wraps or sandwiches, or served with roasted vegetables.

*Cumin cluster mix: pepitas, slivered almonds, sunflower seeds, cumin seeds*



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### 1. ROAST THE EGGPLANT

Set oven to 220°C.

Dice **eggplant** (1-2cm) and wedge **shallot**, cut **capsicum** into strips. Toss on a lined oven tray with **oil**, **1 tsp turmeric**, **2 tsp ground coriander**, **salt** and **pepper**.



### 4. PREPARE THE TOPPINGS

Finely dice **1/2 orange** and 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. Drain **quinoa** for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



### 5. DRESS THE QUINOA

Finely chop **parsley**. Add to a large bowl with **juice from remaining 1/2 orange**, **1 tbsp olive oil**, **salt** and **pepper**. Mix to combine then toss in **quinoa**.



### 3. MAKE THE CLUSTERS

Add **1 tsp olive oil** to a frypan over medium-high heat. Add **cumin cluster mix** and cook for 2-4 minutes or until golden. Stir in **2 tsp maple syrup** and add a pinch of **salt**. Stir to combine, take off heat and leave to set.



### 6. FINISH AND SERVE

Layer **dressed quinoa** in shallow bowls and top with **roasted eggplant**, **shallot** and **capsicum** followed by **fresh orange** and **rocket leaves**. Break apart **clusters** and sprinkle on top, dollop with **skordalia** to serve (see notes).

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