



Product Spotlight: Hemp Seeds

Hemp seeds are a sustainable food source. They require a relatively small amount of water and grows abundantly without chemicals.



Autumn Green Goddess Plate

Mixed organic quinoa tossed in a bright lemon and shallot dressing, served with roasted Brussels sprouts and kales, crispy chickpeas, avocado and garnished with hemp and mixed seeds.



30 minutes



4 servings



Plant-Based

Switch it up!

Make a smashed avocado to serve with this dish. Roughly chop avocado, add flavours such as crushed garlic, lemon or lime zest and juice, dried chilli flakes, frozen peas and fresh mint.

Per serve: **PROTEIN** 12g **TOTAL FAT** 17g **CARBOHYDRATES** 28g

FROM YOUR BOX

ORGANIC MIXED QUINOA	2 x 100g
CHICKPEAS	2x 400g
BRUSSELS SPROUTS	400g
KALE	1 bunch
SHALLOT	1
GARLIC	2 cloves
LEMON	1
AVOCADOS	2
PARSLEY	1 packet
HEMP & MIXED SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, maple syrup

KEY UTENSILS

2 oven trays, saucepan

NOTES

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

Hemp & Mixed Seeds: hemp hearts, sunflower seeds, mixed sesame seeds, pepitas



1. COOK THE QUINOA

Set oven to 220°C.

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). Reserve saucepan for step 4.



4. DRESS THE QUINOA

Dice **shallot**, crush **garlic**, and zest **lemon**. Add to reserved saucepan along with and juice of 1/2 lemon (reserve remaining), **3 tbsp olive oil**, **1 1/2 tsp maple syrup**, **salt and pepper**. Mix to combine. Add quinoa and mix to combine.



2. CRISP THE CHICKPEAS

Drain and rinse chickpeas, pat dry. Toss on a lined oven tray with **2 tbsp oil**, **1 tbsp paprika**, **salt and pepper**. Roast for 15 minutes or until chickpeas are crispy.



5. PREPARE THE INGREDIENTS

Slice **avocado**, finely chop **parsley** (including tender stems), wedge lemon.



3. ROAST THE GREENS

Halve **Brussels sprouts**. Toss on a second lined oven tray with **oil, salt and pepper**. Roast for 7–10 minutes until sprouts begin to sprout. Add torn **kale leaves to oven ray**, toss with sprouts, and roast for a further 5 minutes or until kale and sprouts are crispy.



6. FINISH AND SERVE

Divide quinoa, roasted vegetables, crispy chickpeas and avocado among plates. Garnish with roughly chopped parsley, **hemp & mixed seeds** and lemon wedges.



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