



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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.

 40 minutes

 Plant-Based

 4/6 servings

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	14g	14g	68g/74g

FROM YOUR BOX

	4 PERSON	6 PERSON
EGGPLANT	1	2
RED ONION	1	1
RED CAPSICUM	1	2
ORGANIC MIXED QUINOA	200g	200g + 100g
CUMIN CLUSTER MIX	2 packets	3 packets
ORANGE	2	3
PARSLEY	1 packet	2 packets
ROCKET LEAVES	60g	2 x 60g
SKORDALIA	1 tub	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 **red onion**, cut **capsicum** into strips. Toss on a lined oven tray with **oil, 1-2 tsp turmeric, 2 tsp ground coriander, salt and pepper.**

6P - use **2-3 tsp turmeric and 1 tbsp coriander.**



4. PREPARE THE TOPPINGS

Finely dice **1 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 orange, 2 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.

6P - use **2 tsp oil and 1 tbsp maple syrup.**



6. FINISH AND SERVE

Layer **dressed quinoa** in shallow bowls and top with **roasted eggplant, red onion 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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