



**Product Spotlight:
Feta Cheese**

Feta cheese is lower in calories and fat than many other cheeses and is a good protein, vitamin B12, and calcium source.



Cumin Roast Pumpkin and Quinoa Salad with Ginger Dressing

Roast pumpkin, beetroot and onion roasted with cumin seeds, then tossed with mixed quinoa, mint and capsicum strips, with a ginger lime dressing, feta cheese and seed sprinkle.

30 minutes

2 servings

Vegetarian

Save the dish!

This quinoa salad is perfect for picnics or a side dish for a BBQ. You can make it ahead of time and store it in the fridge.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	20g	36g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BEETROOTS	2
SHALLOT	1
MIXED QUINOA	100g
GINGER	1 piece
LIME	1
MINT	1 packet
FETA CHEESE	1 packet
CLUSTER SEED MIX	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, maple syrup, cumin seeds

KEY UTENSILS

oven tray, saucepan

NOTES

Keep beetroot separate or roast on a second tray to prevent any staining.

Seed mix: slivered almonds, pepitas, sunflower seeds.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **pumpkin** (use to taste!) and **beetroot**, wedge **shallot**. Toss on a lined oven tray with **2-3 tsp cumin seeds, oil, salt and pepper**. Roast in oven for 20-25 minutes until cooked through.



4. FINISH AND SERVE

Toast **seed mix** in a dry pan if desired.

Chop **mint leaves** and crumble **feta**. Toss together with **quinoa, roast vegetables** and **dressing** in a large serving bowl. Garnish with **seeds** and serve.



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 at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.



3. PREPARE THE DRESSING

Peel and grate **ginger**. Whisk with **lime zest and juice, 1 tbsp maple syrup, 2 tbsp olive oil, salt and pepper**. Set aside.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

