



### Product Spotlight: Nectarine

Eating nectarines is a healthy way to include many vitamins and minerals in your diet, and a medium-sized nectarine only has 60 calories.



## Grilled Halloumi with Quinoa and Roasted Nectarine

Delicious seasonal sweet nectarines and local beetroot roasted with cumin seeds and served with cooked quinoa, fresh greens and grilled halloumi finished with a balsamic dressing.



30 minutes



2 servings



Vegetarian

## Cooking for many?

*This dish works well as a side if you have many hungry mouths to feed! Serve it with grilled meat, chicken or fish; you could also add crispy chickpeas or more roasted veggies like carrots, tomatoes, red onion or zucchini.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	28g	40g	63g

## FROM YOUR BOX

BEETROOTS	2
NECTARINE	1
WHITE QUINOA	100g
HALLOUMI CHEESE	1 packet
MINT	1 packet
MESCLUN LEAVES	60g

## FROM YOUR PANTRY

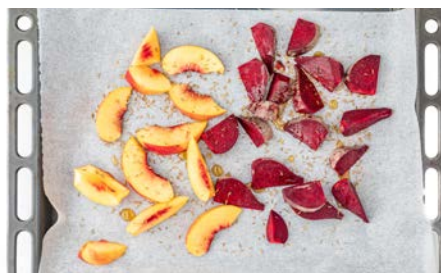
oil for cooking, olive oil, salt, pepper, maple syrup, balsamic vinegar, cumin seeds

## KEY UTENSILS

oven tray, saucepan, griddle pan or frypan

## NOTES

Thinly wedge the beetroots and leave the nectarine in slightly larger pieces as the beetroots take longer to cook. You can leave the nectarine fresh if you prefer!



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge **beetroots** and **nectarine** (see notes). Toss on a lined oven tray with **1 tsp cumin seeds**, **1 tsp maple syrup**, **oil**, **salt** and **pepper**. Roast for 18–20 minutes or until golden and tender.



### 4. GRILL THE HALLOUMI

Heat a griddle pan or frypan over medium-high heat. Slice **halloumi**, coat with **oil** and **1/2 tsp cumin seeds**. Cook for 1–2 minutes each side or until golden. Set aside.



### 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, then press down in a sieve to squeeze out excess liquid.



### 3. PREPARE THE DRESSING

Whisk together **1 tbsp maple syrup**, **3 tbsp balsamic vinegar** and **2 tbsp olive oil**. Season with **salt** and **pepper**.



### 5. FINISH AND SERVE

Slice **mint leaves**.

Arrange **mesclun leaves** on a serving platter. Top with cooked quinoa, roast vegetables, and halloumi. Drizzle with dressing and garnish with mint leaves.



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