



### Product Spotlight: Pepitas

With nutrients like magnesium, copper, protein and zinc, pepitas are nutritional powerhouses that can give your health an added boost.



## Smoky Roasted Cauliflower

### Quinoa Bowl

Cauliflower roasted with smoky spices, served bowl style over a bed of quinoa, Naked Food Co labneh, fresh vegetables, bright lemon and pepitas.



30 minutes



2 servings



Vegetarian

## Switch it up!

*Add the tomato and capsicum to the roasting tray to warm up the dish.*

Per serve: **PROTEIN** 26g **TOTAL FAT** 32g **CARBOHYDRATES** 49g

## FROM YOUR BOX

MIXED QUINOA	100g
CAULIFLOWER	1/2
LEMON	1
RED CAPSICUM	1
TOMATO	1
ROCKET LEAVES	60g
PEPITAS	40g
LABNEH	1 tub

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, smoked paprika, maple syrup (see notes)

## KEY UTENSILS

frypan, saucepan, oven tray

## NOTES

If preferred; season cauliflower with curry powder, garam masala, ground cumin or ground coriander.

You can use a sweetener of your choice such as honey, agave syrup or coconut sugar.

Mix labneh with oil in tub to help stretch it out.



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



### 4. TOAST THE PEPITAS

Toast pepitas in dry a frypan over medium-high heat for 1-2 minutes, or until golden.



### 2. ROAST THE CAULIFLOWER

Cut cauliflower into florets. Toss on a lined oven tray with **3 tbsp oil, 1 tbsp turmeric, 1 tbsp paprika, salt and pepper** (see notes). Roast for 20 minutes.



### 5. TOSS THE QUINOA

Add lemon zest and juice from 1/2 lemon (wedge remaining), **2 tbsp olive oil, 1/2-1 tsp maple syrup, salt and pepper** to a large bowl. Mix to combine. Add quinoa and prepared ingredients. Toss well to combine.



### 3. PREPARE THE INGREDIENTS

Zest lemon (reserve remaining lemon for step 5). Dice capsicum and tomato. Set aside with rocket leaves.



### 6. FINISH AND SERVE

Spoon even amounts of labneh (see notes) into base of shallow bowls. Top with tossed quinoa and roasted cauliflower. Sprinkle over pepitas and serve with lemon wedges.



Scan the QR code to  
submit a Google review!

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

