



Product Spotlight: Pepitas

Pepitas are the pale green seeds hiding inside a pumpkin, and they carry magnesium, copper, protein and zinc. A minute in a dry pan wakes up their nutty flavour and adds crunch to the bowl.



Golden Spiced Cauliflower with Lemon Quinoa

Roasted cauliflower served with zesty lemon quinoa, fresh vegetables and creamy cheese, finished with crunchy toasted pepitas.



30 minutes



4/6 servings



Vegetarian

Switch it up!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	29g	32g/40g	49g

FROM YOUR BOX

	4 PERSON	6 PERSON
MIXED QUINOA	200g	200g + 100g
CAULIFLOWER	1	1 1/2
LEMON	1	2
RED CAPSICUM	1	2
TOMATOES	2	3
ROCKET LEAVES	120g	120g
PEPITAS	40g	2 x 40g
PERSIAN FETA/LABNEH	1 tub	2 tubs

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

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

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

Mix cheese 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 a dry 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 smoked 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), **3 tbsp olive oil**, **1 tbsp maple syrup**, **salt and pepper** to a large bowl. Mix to combine. Add **quinoa** and **prepared ingredients**. Toss well to combine.

6P – use **zest and juice of 1 lemon** (wedge remaining) and **2 tsp maple syrup**.



3. PREPARE THE INGREDIENTS

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



6. FINISH AND SERVE

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



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