

**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 Lime Dressing

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



30 minutes



4 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
	26g	47g	71g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BEETROOTS	2
RED ONION	1
MIXED QUINOA	200g
GINGER	1 piece
LIMES	2
MINT	1 packet
ROAST CAPSICUM STRIPS	1 tub
FETA CHEESE	1 packet
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 and beetroots, wedge onion. Toss on a lined oven tray with **3 tsp cumin seeds, oil, salt and pepper** (see notes). Roast in oven for 20–25 minutes until cooked through.



## 4. FINISH AND SERVE

Chop mint leaves and drain capsicum strips. Crumble feta. Toss together with quinoa, roast vegetables and dressing in a large serving bowl. Garnish with seed mix 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 together with zest and juice of 2 limes, **2 tbsp maple syrup, 1/4 cup 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

