



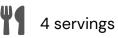


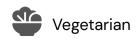
Cumin Roast Pumpkin and Quinoa Salad

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.







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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

26g 47g

7g

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.





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.



2. COOK THE QUINOA

Place guinoa 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.



4. FINISH AND SERVE

and serve.

