



### 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 Dressing

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



30 minutes



4/6 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** 17g **TOTAL FAT** 18g **CARBOHYDRATES** 39g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	1
BEETROOTS	2	4
RED ONION	1	1
MIXED QUINOA	200g	200g + 100g
GINGER	1 piece	1 piece
LIMES	1	2
MINT	1 packet	2 packets
ROASTED PEPPERS	1 jar	1 jar
FETA CHEESE	1 packet	1 packet
CLUSTER SEED MIX	1 packet	2 packets

## 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.

Balance your dressing with some red or white wine vinegar if needed, depending on the size of the lime.

*Seed mix: slivered almonds, pepitas, sunflower seeds.*



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## 1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **pumpkin** and **beetroot**, wedge **red onion**. Toss on a lined tray with **3 tsp cumin seeds, oil, salt and pepper** (see notes). Roast 20–25 minutes until tender.

**6P** – use 1 tbsp cumin for the vegetables.



## 4. FINISH AND SERVE

Chop **mint leaves** and drain **roasted peppers**. 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 **lime zest and juice, 2 tbsp maple syrup, 1/4 cup olive oil, salt and pepper** (see notes).

**6P** – use zest and juice from 2 limes and 1/3 cup olive oil.

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

