



Product Spotlight: Pepitas

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



Smoky Cauliflower & Persian Feta Bowl

Cauliflower roasted with smoky spices, served bowl style over a bed of quinoa, creamy Persian feta, fresh vegetables, bright lemon and pepitas.



30 minutes



4 servings



Vegetarian

Switch it up!

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

Per serve: **PROTEIN** 21g **TOTAL FAT** 27g **CARBOHYDRATES** 36g

FROM YOUR BOX

MIXED QUINOA	200g
CAULIFLOWER	1
LEMON	1
RED CAPSICUM	1
TOMATOES	2
ROCKET LEAVES	120g
PEPITAS	40g
PERSIAN FETA	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 feta 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 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 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 **tomatoes**. Set aside with **rocket leaves**.



6. FINISH AND SERVE

Spoon even amounts of **Persian feta** (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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