



### Product Spotlight: Pepitas

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



## Smoky Roasted Cauliflower

### Quinoa Bowl

Cauliflower roasted with smoky spices, served bowl style over a bed of quinoa, creamy labneh, 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** 16g **TOTAL FAT** 20g **CARBOHYDRATES** 32g

## FROM YOUR BOX

MIXED QUINOA	200g
CAULIFLOWER	1
LEMON	1
RED CAPSICUM	1
TOMATOES	2
ROCKET LEAVES	120g
PEPITAS	40g
LABNEH	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 labneh 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 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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