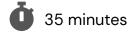


# **Miso Pumpkin Power Bowl**

A colourful nourish bowl with mixed quinoa, crunchy cabbage and cucumber with spiced pumpkin and a sesame miso dressing.







If you have fresh ginger, add some to the dressing. Add some seeds from the pantry - pepita, sesame, sunflower or chia work well! Sliced avocado and sauerkraut are also great additions to this bowl.

PROTEIN TOTAL FAT CARBOHYDRATES

73g

## **FROM YOUR BOX**

BUTTERNUT PUMPKIN	1/2 *
ORGANIC QUINOA	1 packet (100g)
SPRING ONION GARNISH	1 sachet
MISO PASTE	1 sachet
LEBANESE CUCUMBER	1
CARROT	1
SHREDDED RED CABBAGE	1 bag (200g)
ALFALFA SPROUTS	1/2 punnet *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

sesame oil, salt and pepper, ground coriander, white wine or rice wine vinegar

### **KEY UTENSILS**

oven tray, saucepan

### **NOTES**

Use rice wine vinegar in the dressing if you can for a more authentic flavour.



## 1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice pumpkin. Toss on a lined oven tray with 2 tsp ground coriander, sesame oil, salt and pepper. Roast in oven for 20-25 minutes until golden and cooked through.



# 2. COOK THE QUINOA

Place quinoa and spring onion garnish in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



# 3. MAKE THE DRESSING

Whisk together miso paste, 2 tbsp vinegar, 2 tbsp sesame oil and 1 tbsp water.



## 4. PREPARE THE SALAD

Slice cucumber, julienne or grate carrot. Set aside with cabbage and sprouts.



# 5. FINISH AND PLATE

Divide quinoa, roast vegetables and salad among bowls. Spoon dressing over to taste.





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 O481 072 599 or send an email to hello@dinnertwist.com.au