




Product Spotlight: Walnuts


Recognised since ancient times as the symbol of intellectuality, walnuts are a good source of Omega-3s, which support brain and heart health.




2 Walnut and Apple Salad with Pumpkin

A warm autumn salad of sorghum or millet with roasted rosemary infused pumpkin, apple, pan-fried Brussels sprouts and toasted walnuts, dressed in Naked Byron Foods vegan sweet mustard mayo.

 30 mins

 2 servings

 Plant-Based

14 May 2021

Spice it up!

For an even warmer salad, you could roast the apple and Brussels sprouts with the pumpkin.

Per serve: **PROTEIN** 19g **TOTAL FAT** 32g **CARBOHYDRATES** 96g

FROM YOUR BOX

SORGHUM/MILLET	100g
ROSEMARY	1 sprig
BUTTERNUT PUMPKIN	1
WALNUTS	40g
BRUSSELS SPROUTS	250g
BRAVO APPLE	1
CELERY STICK	1
BABY COS LETTUCE	1*
TRIO OF SPROUTS	2/3 punnet *
VEGAN MUSTARD MAYO	1/4 cup *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

To get the most consistent result, nuts can be toasted in the oven at 180°C for 8-12 minutes.

You will receive sorghum or millet in your box. They are both equally as tasty and work well in this recipe!



1. COOK THE GRAIN

Set the oven to 220°C.

Place sorghum/millet in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes or until tender. Drain and rinse under cold water.



2. ROAST PUMPKIN

Remove rosemary from stalk, roughly chop. Slice pumpkin into wedges. Toss on a lined oven tray with rosemary, **oil, salt and pepper**. Roast for 15-20 minutes until cooked through.



3. TOAST WALNUTS

Heat a frypan over medium-high heat. Toast walnuts for 4-6 minutes, until just taking on colour (see notes).



4. SAUTÉ SPROUTS

Reheat frypan over medium-high heat with **oil**. Slice Brussels sprouts in half, add to pan as you go. Cook for 4-6 minutes, season with **salt and pepper**.



5. PREP FRESH INGREDIENTS

Cut the apple in thin slices, slice celery and lettuce, trim (if needed) the alfalfa and crunchy sprouts from the punnet.



6. FINISH AND PLATE

In a large bowl, mix sweet mustard mayo with **1 tbsp water**, add sorghum/millet and prepared vegetables, toss well. Divide evenly among shallow bowls, top with toasted walnuts.

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 **0481 072 599** or send an email to hello@dinnertwist.com.au

