




### Product Spotlight: Hummus

Low in saturated fat and high in fibre and protein, hummus also offers complex carbohydrates to make you feel satisfied and full.



## 3 Sweet Potato Hummus and Roast Vegetables

Roasted vegetables served over herby quinoa and sweet potato hummus.

 35 mins

 2 servings

 Plant-Based

16 July 2021

## Switch it up!

*Some of the roasted vegetables can be used to blend into the hummus. Beetroot will make a deep earthy flavoured hummus, and carrot will give a sweeter taste.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 19g **CARBOHYDRATES** 67g

## FROM YOUR BOX

SWEET POTATO	1 small
DUTCH CARROTS	1 bunch
BEETROOTS	2
ZUCCHINI	1
QUINOA	100g
PARSLEY	1 bunch
MINT	1 bunch
LEMON	1 (to taste)
LEBANESE CUCUMBER	1
HUMMUS	1 tub

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, ground coriander

## KEY UTENSILS

saucepan, oven tray, stick blender (or small food processor)

## NOTES

Cut beetroots into thin wedges to ensure they cook in the same time as the other vegetables.



### 1. ROAST VEGETABLES

Set oven to 220°C.

Roughly chop sweet potato, trim dutch carrots, wedge beetroots thinly (see notes) and cut zucchini into crescents. Toss on a lined oven tray with **oil, 2 tsp cumin, 1 tsp coriander, salt and pepper**. Roast for 15-20 minutes until tender.



### 2. COOK THE QUINOA

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



### 3. PREPARE TOPPING

Roughly chop the parsley and mint leaves, add to a bowl with zest and juice of half lemon, **2 tbsp olive oil, salt and pepper**. Whisk together. Dice cucumber, stir into dressing.



### 4. BLEND THE HUMMUS

Using a stick mixer, blend hummus with roasted sweet potato, **2 tbsp water** and remainder of lemon juice, to a smooth consistency. Season with **salt and pepper**.



### 5. TOSS THE QUINOA

Stir the prepared dressing and cucumber through the cooked quinoa until it is well coated.



### 6. FINISH AND PLATE

Spoon hummus onto base of shallow bowls, top with even amounts of roasted vegetables and dressed quinoa.

**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**

