



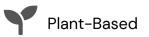
## **Sweet Potato Hummus** and Roast Vegetables

Roasted vegetables served over herby quinoa and sweet potato hummus.





2 servings



# 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.

15g

#### 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

<sup>\*</sup>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.



#### 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**.



#### 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.



### 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.

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