



Product Spotlight: Beetroot

Healthy and delicious WA beetroots have potassium, magnesium, folate and vitamin C and help reduce blood pressure, improve circulation and are great for healthy eyes!



4 Rainbow Nourish Bowl with Super Seeds

All the colours of the rainbow in a nourishing bowl with ruby red beetroot, golden roast veggies and chickpeas, creamy avocado and a flavour packed orange dressing.



30 minutes



2 servings



Plant-Based

14 December 2020

Spice it up!

If you don't like cumin you can use sumac, ground coriander or even a curry spice on the tray bake. Add some crushed garlic if desired!

Per serve: **PROTEIN** 27g **TOTAL FAT** 46g **CARBOHYDRATES** 90g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
CHICKPEAS	1 tin (400g)
ORANGE	1
SWEET CHILLI MAYONNAISE	1/3 cup *
SUGAR SNAP PEAS	1/2 bag (75g) *
AVOCADO	1
GRATED BEETROOT	1 bag (200g)
MESCLUN LEAVES	1/2 bag (100g) *
SEED MIX	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), ground cumin

KEY UTENSILS

oven tray, frypan

NOTES

For extra crispiness, pat the chickpeas dry before roasting.



1. ROAST THE VEGGIES

Set oven to 220°C.

Dice pumpkin (3cm cubes). Drain chickpeas (see notes). Toss together on a lined oven tray with **1/2 tbsp cumin, 1 tbsp soy sauce and oil**. Roast for 20–25 minutes until cooked through.



4. TOAST THE SEEDS

Add seed mix to a dry frypan over medium heat. Toast for 4–5 minutes until golden.



2. PREPARE THE DRESSING

Combine 2 tsp orange zest, juice from 1/2 the orange, 1/3 cup mayonnaise and **1 tbsp water**. Set aside.



3. PREPARE THE SALAD

Slice remaining orange. Trim and slice sugar snap peas. Slice avocado. Set aside with beetroot.



5. FINISH AND PLATE

Divide mesclun leaves and beetroot among bowls. Top with roast pumpkin and chickpeas, fresh salad and drizzle with dressing. Garnish with toasted seeds.

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**

