



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mango


Mangoes were first grown in India over 5,000 years ago. In fact, the paisley pattern which was first developed there, is based on the shape of a mango.



1 Quinoa Bowl with Mango and Roast Pumpkin

A spring-fresh grain bowl with quinoa, fresh mango, vegetables, roasted pumpkin, crispy chickpeas and a basil sauce.

 30 minutes

 2 servings

 Plant-Based

5 November 2021



Switch it up!

Serve as a large platter-style salad tossed with the sauce if preferred.

Per serve: **PROTEIN** 25g **TOTAL FAT** 4g **CARBOHYDRATES** 126g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
QUINOA	1 packet (100g)
LIME	1
BASIL	1/2 packet *
TINNED CHICKPEAS	400g
MANGO	1
AVOCADO	1
SLAW	1 bag (250g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, maple syrup

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

You can remove the skin from the pumpkin if you prefer. We like keeping it on to save time and for the extra nutritional benefits.



1. ROAST THE PUMPKIN

Set oven to 220° C.

Cut pumpkin in half length ways and wedge (see notes). Toss on a lined oven tray with **oil, 2 tsp cumin, salt and pepper**. Roast for 20–25 minutes until tender.



2. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



3. MAKE THE SAUCE

Zest lime and juice half (wedge remaining). Thinly slice basil (including any tender stems). Mix in a bowl with **3 tbsp olive oil, 1 1/2 tsp maple syrup, 1 tbsp water, salt and pepper**.



4. CRISP THE CHICKPEAS

Heat a frypan over medium–high heat with **oil**. Drain and pat dry chickpeas. Add to pan and cook for 3–5 minutes until crispy. Remove to a plate and season with **salt and pepper**.



5. PREPARE INGREDIENTS

Dice mango and avocado.



6. FINISH AND SERVE

Divide quinoa among bowls. Top with slaw, prepared ingredients, roasted pumpkin and crispy chickpeas. Drizzle over sauce and serve with lime wedges.

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**

