




Product Spotlight: Nectarine


Nectarines are a healthy way to include many vitamins and minerals in your diet. Choose a firm nectarine for a nutritious snack, or serve them sliced with a drizzle of honey for a nutrient-packed dessert!



2 Roast Fennel and Nectarine Salad with Pumpkin Bites

Roasted fennel spiced with ground coriander and pumpkin bites served with a mixed quinoa and nectarine salad.

 30 minutes

 2 servings

 Plant-Based

17 December 2021

Change it up!

If you don't want to turn the oven on, you can cook the fennel and pumpkin bites on the BBQ, or keep the fennel fresh (slice it thinly to add to salad) and cook the pumpkin bites in a frypan.

Per serve: **PROTEIN** 13g **TOTAL FAT** 40g **CARBOHYDRATES** 56g

FROM YOUR BOX

MIXED QUINOA	1 packet (100g)
FENNEL	1
SHALLOT	1
PUMPKIN BITES	1 packet
TOMATO	1
NECTARINE	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, white wine vinegar, sumac, maple syrup

KEY UTENSILS

oven tray, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. COOK THE QUINOA

Set oven to 220°C.

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.



2. ROAST THE FENNEL

Slice fennel (reserve any fronds for garnish) and add to a lined oven tray. Toss with **oil, 2 tsp coriander, salt and pepper**. Roast for 10 minutes.



3. MAKE THE VINAIGRETTE

Finely dice shallot. Add to a bowl along with **1/4 cup olive oil, 2 tbsp vinegar, 1 tsp maple syrup, 1 tsp sumac, salt and pepper**. Stir to combine.



4. ADD PUMPKIN BITES

Add the pumpkin bites to oven tray with fennel. Roast for a further 7 minutes.



5. TOSS THE SALAD

Wedge tomato and nectarine. Add to a large bowl along with quinoa, roasted fennel and 1/2 the vinaigrette. Toss until well combined.



6. FINISH AND SERVE

Divide salad among bowls. Top with pumpkin bites, remaining vinaigrette and reserved fennel fronds.

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**

