



Product Spotlight: Quinoa


Quinoa is an amazing superfood seed, cooked like rice. It is mineral-rich, gluten-free & classed as a complete protein as it contains all nine essential amino acids.


Proteins are crucial for our bodies and amino acids are the building blocks of it.



2 Miso Pumpkin Power Bowl

A colourful nourish bowl with mixed quinoa, crunchy cabbage and cucumber with spiced pumpkin and a sesame miso dressing.

 35 minutes

 4 servings

 Plant-Based

28 September 2020

Spice it up!

If you have fresh ginger, add some to the dressing. Add some seeds from the pantry – pepita, sesame, sunflower or chia work well! Sliced avocado and sauerkraut are also great additions to this bowl.

Per serve: **PROTEIN** 15g **TOTAL FAT** 14g **CARBOHYDRATES** 71g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
CHICKPEAS	400g
ORGANIC QUINOA	1 packet (200g)
SPRING ONION GARNISH	2 sachets
MISO PASTE	2 sachets
LEBANESE CUCUMBER	1
CARROT	1
SHREDDED RED CABBAGE	1 bag (400g)
ALFALFA SPROUTS	1/2 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, salt and pepper, ground coriander, white wine or rice wine vinegar

KEY UTENSILS

oven tray, saucepan

NOTES

Use rice wine vinegar in the dressing if you can for a more authentic flavour.



1. PREPARE THE PUMPKIN

Set oven to 220°C.

Dice pumpkin. Toss on a lined oven tray with **1 tbsp ground coriander, sesame oil, salt and pepper.**



2. ADD CHICKPEAS & ROAST

Drain and pat chickpeas dry. Toss with pumpkin and roast all together for 20-25 minutes until golden and cooked through.



3. COOK THE QUINOA

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



4. MAKE THE DRESSING

Whisk together miso paste, **3 tbsp vinegar, 3 tbsp sesame oil** and **3 tbsp water.**



5. PREPARE THE SALAD

Slice cucumber, julienne or grate carrot. Set aside with cabbage and sprouts.



6. FINISH AND PLATE

Divide quinoa, roast vegetables and salad among bowls. Spoon dressing over to taste.

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**

