

**Product Spotlight:
Feta Cheese**

Feta cheese is lower in calories and fat than many other cheeses and is a good protein, vitamin B12, and calcium source.



Cumin Roast Pumpkin and Quinoa Salad with Ginger Dressing

Pumpkin, beetroot and shallot roasted with cumin seeds, then tossed with mixed quinoa, mint and capsicum strips, and served with a ginger lime dressing, feta cheese and seed sprinkle.



30 minutes



2 servings



Vegetarian

Save the dish!

This quinoa salad is perfect for picnics or a side dish for a BBQ. You can make it ahead of time and store it in the fridge.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	30g	54g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BEETROOT	1
SHALLOT	1
MIXED QUINOA	100g
GINGER	1 piece
LIME	1
MINT	1 packet
ROAST CAPSICUM STRIPS	1 tub
FETA CHEESE	1 packet
CLUSTER SEED MIX	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, saucepan

NOTES

Use 1/2 pumpkin for 2 serves. You can use the whole pumpkin to make extra serves if preferred. Increase the cumin seeds to 3 tsp if doing so.

Keep beetroot separate or roast on a second tray to prevent any staining.

Seed mix: slivered almonds, pepitas, sunflower seeds.



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1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **1/2 pumpkin** and **beetroot**, wedge **shallot**. Toss on a lined oven tray with **2 tsp cumin seeds, oil, salt and pepper** (see notes). Roast in oven for 20–25 minutes until cooked through.



4. FINISH AND SERVE

Chop **mint leaves** and drain **capsicum strips**. Crumble **feta**. Toss together with **quinoa, roast vegetables** and **dressing** in a large serving bowl. Garnish with **seed mix** and serve.



2. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain **quinoa** for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.



3. PREPARE THE DRESSING

Peel and grate **ginger**. Whisk with **lime zest and juice, 1 tbsp maple syrup, 2 tbsp olive oil, salt and pepper**. Set aside.

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