




**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 Lime 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** 28g **TOTAL FAT** 47g **CARBOHYDRATES** 80g

## 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
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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