



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 onion 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



4/6 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**
4P/6P: 26g/28g 23g/34g 58g/63g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	1
BEETROOTS	2	3
RED ONION	1	1
MIXED QUINOA	200g	200g + 100g
GINGER	1 piece	1 piece
LIMES	2	2
MINT	1 packet	2 packets
ROAST CAPSICUM STRIPS	1 tub	1 tub
FETA CHEESE	1 packet	2 packets
CLUSTER SEED MIX	1 packet	2 packets

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, saucepan

NOTES

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 **pumpkin** and **beetroot**, wedge **red onion**. Toss on a lined tray with **3 tsp cumin seeds, oil, salt and pepper** (see notes). Roast 20–25 mins until tender.

6P – use 1 tbsp cumin for the vegetables.



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 together with **zest and juice of 2 limes, 2 tbsp maple syrup, 1/4 cup olive oil, salt and pepper**.

6P – use 1/3 cup olive oil.

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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

