

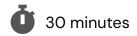




Cumin Roast Pumpkin and Quinoa Salad

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.







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

_{SP:} 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.





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



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.



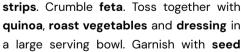
3. PREPARE THE DRESSING

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.







mix and serve.