



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: POD Roasted Beans

The POD (Protein on Demand) is from a new range of ready-to-go snacks. Love this product? It's now available on the Marketplace!



2 Spiced Veggie & Hummus Bowl

Colourful dutch carrots, beetroots and brussels sprouts roasted in lovely warm spices, served in a bowl with orange dressed quinoa, hummus and a sprinkle of roasted beans.

 30 minutes

 2 servings

 Plant-Based

13 July 2020

Stretch the Dish!

Want to stretch the dish out to serve more? Try adding some falafels to the side or roasting a tin of chickpeas with the vegetables!

Per serve: **PROTEIN** 20g **TOTAL FAT** 41g **CARBOHYDRATES** 87g

FROM YOUR BOX

QUINOA	1 packet (100g)
DUTCH CARROTS	1 bunch
BEETROOTS	2
RED ONION	1/2 *
BRUSSELS SPROUTS	200g
ORANGE	1
THYME	1/2 packet *
HUMMUS	1 tub
ROASTED BEAN SNACK	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar, ground turmeric, ground cumin, smoked paprika

KEY UTENSILS

oven tray, saucepan

NOTES

Reserve the carrot tops for garnishing. They are great when dressed with the orange and thyme dressing.



1. COOK THE QUINOA

Set oven to 220°C.

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



2. ROAST THE VEGETABLES

Trim carrots (see notes). Wedge beetroot and onion. Halve brussels sprouts. Toss together on a lined oven tray with **1/2 tsp turmeric, 1 tsp cumin, 1 tsp smoked paprika, oil, salt and pepper**. Roast for 20-25 minutes until cooked through.



3. MAKE THE DRESSING

Combine 1/2 the orange zest and juice (slice remaining) with 2 tsp thyme leaves, **1 tbsp vinegar and 2 tbsp olive oil**. Season with **salt and pepper**. Set aside.



4. FINISH AND PLATE

Divide quinoa, vegetables, orange slices and hummus among bowls. Dress with orange dressing. Sprinkle with roasted bean snack.

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

