




### Product Spotlight: Beetroot

Healthy and delicious WA beetroots have potassium, magnesium, folate and vitamin C and help reduce blood pressure, improve circulation and are great for healthy eyes!



## 3 Honey Seed Halloumi Bake

All the colours of the rainbow on a festive veggie platter with golden roast pumpkin and halloumi drizzled with honey, sweet orange, crunchy green sugar snap peas, ruby red beetroot and toasted seeds.

 30 minutes

 2 servings

 Vegetarian

14 December 2020

### Spice it up!

*If you don't like cumin you can use sumac, ground coriander or even a curry spice on the tray bake. Add some crushed garlic if desired!*

Per serve: **PROTEIN** 40g **TOTAL FAT** 55g **CARBOHYDRATES** 81g

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
HALLOUMI	1 packet
CHICKPEAS	1 tin (400g)
HONEY	1 shot
ORANGE	1
SEED MIX	1 packet (40g)
SUGAR SNAP PEAS	1/2 bag (75g) *
PARSLEY	1/2 bunch *
GRATED BEETROOT	1 bag (200g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, soy sauce (or tamari), ground cumin

## KEY UTENSILS

oven tray, frypan

## NOTES

You could use sesame oil in the dressing for extra flavour if preferred.

Soak the parsley in a bowl of water and dry in a salad spinner to remove any sand before use.



### 1. PREPARE THE TRAYBAKE

Set oven to 220°C.

Dice pumpkin (3cm cubes). Tear halloumi into chunks. Drain chickpeas.



### 2. SEASON THE TRAYBAKE

Toss vegetables and halloumi with **1 tbsp cumin, oil, salt and pepper**. Drizzle with honey. Roast for 20–25 minutes until cooked through.



### 3. MAKE THE DRESSING

Whisk together 2 tsp orange zest, 1/2 the juice, **1 tbsp soy sauce** and **1 tbsp olive oil** (see notes). Set aside.



### 4. TOAST THE SEEDS

Add seed mix to a dry frypan over medium heat. Toast for 4–5 minutes until golden. Set aside.



### 5. PREPARE THE SALAD

Trim and slice sugar snap peas. Roughly chop parsley. Dice remaining orange.



### 6. FINISH AND PLATE

Arrange roast veggies, halloumi, salad and grated beetroot on a large serving plate. Spoon over dressing (to taste) and scatter with toasted seeds.

**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**

