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!
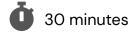
3 Honey Seed Halloumi Bake

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.

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!

⏱ 30 minutes   🍴 4 servings   🥗 Vegetarian

14 December 2020

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	37g	46g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
HALLOUMI	1 packet
BROCCOLINI	1 bunch
CHICKPEAS	1 tin (400g)
HONEY	1 shot
ORANGE	1
SEED MIX	1 packet (40g)
SUGAR SNAP PEAS	1/2 bag (125g) *
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 220ºC.

Dice pumpkin (3cm cubes). Tear halloumi into chunks. Trim and cut broccolini into thirds. 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 and scatter with toasted seeds.