



# ROAST ROOT VEGGIES & QUINOA

with Spiced Nuts



Add toasted nuts and seeds to a dish for extra crunch



Peeled Pumpkin



Red Onion



Beetroot



Tri-Colour Quinoa



Vegetable Stock



Dijon Mustard



Roasted Almonds



Sunflower Seeds



Pumpkin Seeds (Pepitas)



Dukkah



Baby Spinach Leaves



Feta

Hands-on: **20-30** mins  
Ready in: **35-45** mins

We toyed with calling this delish little salad 'Fruits of the Forest' because we're whimsical and a little bit ridiculous if we're being honest. But come on! This winning combo of nuts, seeds, feta and root veg will have you feeling a bit Disney-princess-with-a-forest-animal-sidekick too.

**Pantry Staples:** Olive Oil, Balsamic Vinegar

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **medium saucepan** with a **lid**



## 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **peeled pumpkin** and **red onion** into 2cm-thick wedges. Slice the **beetroot** (unpeeled) into 1cm-thick wedges. Place the **pumpkin, onion** and **beetroot** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt** and **pepper**. Bake until tender, **25-30 minutes**.

**TIP:** Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



## 4 FLAVOUR THE NUTS & SEEDS

Roughly chop the **roasted almonds**. Place the **almonds, sunflower seeds** and **pumpkin seeds** in a second small bowl and add the **dukkah**. Season with a **pinch of salt** and **pepper** and stir to coat. When the veggies have **5 minutes** cook time remaining, add the **nuts** and **seeds** to a separate oven tray lined with baking paper and bake until fragrant and lightly toasted, **5 minutes**. **TIP:** They can burn fast, so keep an eye on them!



## 2 COOK THE QUINOA

While the veggies are roasting, rinse the **tri-colour quinoa** well. In a medium saucepan, combine the **quinoa, water** and crumbled **vegetable stock (1/2 sachet for 2 people / 1 sachet for 4 people)**. Bring to the boil, then reduce the heat to medium and simmer, until the quinoa is tender and the water has been absorbed, **8-10 minutes**. Cover with a lid to keep warm.



## 5 MIX IT ALL TOGETHER

In a large bowl, add the **quinoa**, roast **veggies, spiced nuts** and **baby spinach leaves** to the bowl with the dressing. Add the dressing and toss to combine.

**TIP:** Allow the quinoa and veggies to cool slightly before making the salad to prevent the leaves from wilting.



## 3 PREP THE DRESSING

While the quinoa is cooking, combine the **balsamic vinegar, Dijon mustard** and **olive oil (4 tsp for 2 people / 2 1/2 tbs for 4 people)** in a small bowl. Season to taste with **salt** and **pepper**. Set aside.



## 6 SERVE UP

Divide the tri-coloured quinoa, roast veggies and spiced nuts between bowls. Crumble over the **feta** (see ingredients list) to serve.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled pumpkin	1 packet (400g)	1 packet (800g)
red onion	1	2
beetroot	1	2
tri-colour quinoa	1 packet	2 packets
water*	1½ cups	3 cups
vegetable stock	½ sachet	1 sachet
balsamic vinegar*	2 tsp	4 tsp
Dijon mustard	1 packet (15g)	2 packets (30g)
roasted almonds	1 packet	2 packets
sunflower seeds	1 packet	2 packets
pumpkin seeds (pepitas)	1 packet	2 packets
dukkah	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
feta	½ block (50g)	1 block (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2560kJ (611Cal)	630kJ (151Cal)
Protein (g)	27.8g	6.9g
Fat, total (g)	32.4g	8.0g
- saturated (g)	6.2g	1.5g
Carbohydrate (g)	57.5g	14.2g
- sugars (g)	17.4g	4.3g
Sodium (g)	1370mg	339mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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2019 | WK49

