



Everything
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722

WK25
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

Roasted Vegetable Quinoa

Some people say good food is a religious experience; others liken it to an old friend. With a dish as rich and colourful as this, your inner artist is sure to be satisfied. Grab a bite if you can bear to sully your masterpiece.



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 1



gluten free



pantry items



Pumpkin



Baby Eggplant



Red Onion



HelloFresh Cumin
& Coriander Mix



Quinoa



Lemon



Mint




Coriander




Pine Nuts



Yoghurt

2P	4P	Ingredients
300 g	600 g	pumpkin, peeled & cut into 2 cm cubes A
2	3	baby eggplant, cut into 2 cm cubes
1	1 ½	red onion, cut into wedges B 
2 tbs	3 tbs	olive oil *
2 tsp	3 tsp	HelloFresh Cumin & Coriander Spice Mix
120 g	240g	quinoa
1	2	lemon, zested & juiced
1 bunch	2 bunches	mint, roughly chopped
1 bunch	2 bunches	coriander, roughly chopped
25 g	50 g	pine nuts
1 tubs	2 tubs	natural yoghurt

 May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2930	Kj
Protein	18.9	g
Fat, total	38.2	g
-saturated	7.4	g
Carbohydrate	65.4	g
-sugars	20.5	g
Sodium	39	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat oven to **200°C/180°C** fan forced. Line an oven tray with baking paper.

2 Place the **pumpkin, baby eggplant** and **red onion** on the prepared oven tray. Toss in the **olive oil** and the **HelloFresh Cumin and Coriander Spice Mix**. Season generously with **salt** and **pepper**. Cook in the oven for **20 minutes** or until the vegetables are tender and golden.



3 Meanwhile, place the **quinoa** into a fine sieve and rinse it with cold tap water. Add the quinoa to a pot with double the amount of water and bring to the boil. Cover and reduce to a medium-low heat. Simmer gently for **12 minutes** or until the quinoa is tender. Drain if any liquid remains and fluff with a fork. Stir through the **lemon zest** and **juice**.

4 Stir the roast vegetables, **mint, coriander** and **pine nuts** through the quinoa.

5 To serve, divide the roasted vegetable quinoa between bowls and drizzle with the **natural yoghurt**.



Did you know? Pine nuts are the edible seeds of pines and are believed to have been eaten since the Paleolithic period!