

Pumpkin & Beet Quinoa Salad with Dijon Dressing & Walnuts

It's hard not to feel your heart skip a beat when you look down at this rainbow on a plate. Proving that being big on health doesn't mean taste has to suffer, this quinoa salad comes alive with roasted purple beetroot and bright orange pumpkin.



Prep: 15 mins Cook: 30 mins Total: 45 mins







gluten free

Pantry Items











Pumpkin



















Dijon Mustard

| 2P | 4P | Ingredients | |
|----------|-----------|--|----------|
| 400 g | 800 g | pumpkin, skin removed & chopped into 2 cm chunks | |
| 1 | 2 | beetroot, scrubbed & chopped into 2 cm chunks | |
| 1/2 | 1 | red onion, sliced into 1 cm thick wedges | ⊕ |
| 3 tbs | 6 tbs | olive oil * | |
| 1 packet | 2 packets | walnuts | |
| 1 packet | 2 packets | quinoa, rinsed well | |
| 1 ½ cups | 3 cups | water * | |
| ½ bag | 1 bag | baby spinach leaves, washed | |
| 1 block | 2 blocks | fetta cheese, crumbled | |
| ½ tub | 1 tubs | Dijon mustard(recommended amount) | |

Ingredient features in another recipe

* Pantry Items

Pre-preparation

Nutrition per serve

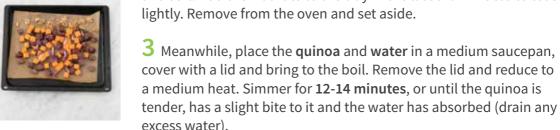
| Energy | 2840 | Kj |
|--------------|------|----|
| Protein | 21.4 | g |
| Fat, total | 44.4 | g |
| -saturated | 9 | g |
| Carbohydrate | 55.9 | g |
| -sugars | 17.4 | g |
| Sodium | 553 | mg |



2h

You will need: chef's knife, chopping board, sieve, oven tray lined with baking paper, medium saucepan with a lid, large mixing bowl and small bowl.

- 1 Preheat the oven to 220°C/200°C fan-forced.
- 2 Place the **pumpkin**, **beetroot** and **red onion** on the prepared oven tray. Toss in half the **olive oil** and season generously with **salt** and **pepper**. Place in the oven to cook for **20-30 minutes**, or until golden and soft. Add the **walnuts** to the tray in the last **5-6 minutes** to toast lightly. Remove from the oven and set aside.





- 4 Place the quinoa, baked vegetables, baby spinach leaves, crumbled fetta cheese and walnuts in a large mixing bowl. Stir to combine. In a small bowl combine the remaining olive oil and Dijon mustard, and season with salt and pepper. Pour over the salad and toss to coat.
- 5 To serve, divide the salad between bowls. Enjoy!



Did you know? Some cultures believe that if a man and woman eat from the same beetroot they will fall in love.