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## 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



level 1



gluten free

### Pantry Items



Olive Oil



Water



Pumpkin



Beetroot



Red Onion



Walnuts



Quinoa



Baby Spinach  
Leaves



Fetta Cheese



Dijon Mustard

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2P	4P	Ingredients
400 g	800 g	pumpkin, skin removed & chopped into 2 cm chunks
1	2	beetroot, scrubbed & chopped into 2 cm chunks
½	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

2a



**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.

2b



**3** Meanwhile, place the **quinoa** and **water** in a medium saucepan, cover with a lid and bring to the boil. Remove the lid and reduce to a medium heat. Simmer for **12-14 minutes**, or until the quinoa is tender, has a slight bite to it and the water has absorbed (drain any excess water).

4a



**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!

4b



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