



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Purple Carrots


While purple carrots and orange carrots have the same nutritional value, purple carrots have better anti-inflammatory and anti-oxidative effects!



## H2 Sunshine Buddha Bowl with Feta and Super Seeds

White quinoa tossed in a turmeric and lemon dressing served bowl-style with roasted sweet potato and mixed beans, fresh vegetables, crumbled feta cheese and super seed sprinkles!

 25 minutes

 2 servings

 Vegetarian

30 September 2022

## Bulk it up!

*Add extra veggies like capsicum, zucchini or cherry tomatoes to the oven tray to roast. You can also serve the bowl with a boiled, poached or fried egg.*

Per serve: **PROTEIN** 41g **TOTAL FAT** 56g **CARBOHYDRATES** 90g

## FROM YOUR BOX

WHITE QUINOA	1 packet (100g)
SWEET POTATO	300g
TINNED MIXED BEANS	400g
LEMON	1
AVOCADO	1
PURPLE CARROT	1
FETA CHEESE	1 packet
SUPER SEED SPRINKLES	1 sachet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, cumin seeds, maple syrup

## KEY UTENSILS

saucepan, oven tray

## NOTES

Drain the quinoa for a minimum of 5 minutes or press down in sieve to squeeze out excess liquid.

Dice the purple carrot and add it to the roasting tray if desired.



### 1. COOK THE QUINOA

Set oven to 220°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse (see notes).



### 2. ROAST THE TOPPINGS

Dice sweet potato. Drain and rinse mixed beans. Add to a lined oven tray (see notes). Toss with oil, 1 1/2 tsp cumin seeds, salt and pepper. Roast for 20 minutes until tender.



### 3. MAKE THE DRESSING

Zest and juice lemon. Add to a bowl along with 2 tbsp olive oil, 1 tsp maple syrup, 1 tsp turmeric, 2 tsp water, salt and pepper. Whisk to combine.



### 4. PREPARE FRESH TOPPINGS

Slice avocado. Julienne or grate purple carrot. Crumble feta.



### 5. TOSS THE QUINOA

Return quinoa to saucepan. Pour in 1/2 prepared dressing. Toss quinoa to coat.



### 6. FINISH AND SERVE

Divide tossed quinoa among bowls. Add roasted and fresh toppings. Drizzle over remaining dressing. Top with super seed sprinkles.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

