




### Product Spotlight: Chickpeas


As a legume, chickpeas are considered both a vegetable and protein food, helping you hit two important food groups at once!



## 14 Roasted Vegetable Bowl with Creamy Chilli Cheese Dressing

Autumnal vegetable bowl featuring roasted tomatoes, beetroot and chickpeas. Served with quinoa and delicious chilli cheese dressing and dollop.

 30 minutes

 4 servings

 Plant-Based

4 March 2022

## Spice it up!

*When roasting the vegetables you can add some extra spices such as cumin, sumac or chilli flakes for extra flavour!*

Per serve: **PROTEIN** 21g **TOTAL FAT** 30g **CARBOHYDRATES** 50g

## FROM YOUR BOX

MIXED QUINOA	1 packet (200g)
CHERRY TOMATOES	1 bag (400g)
RED CAPSICUM	1
PRE-COOKED BEETROOT	1 packet
CHICKPEAS	1 packet (250g)
SNOWPEA SPROUTS	1 punnet
BABY SPINACH	1 bag (120g)
CASHEW CHILLI CHEESE	1 jar (300g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, vinegar (of choice)

## KEY UTENSILS

saucepan, oven tray

## NOTES

If you prefer the ingredients can be all tossed together with the dressing and then served.



### 1. COOK THE QUIONA

Set oven to 200°C.

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10-15 minutes or until tender. Drain and rinse.



### 2. ROAST THE VEGETABLES

Halve cherry tomatoes, dice capsicum and beetroots. Arrange on a lined oven tray with drained chickpeas, toss with **1 tbsp coriander, oil, salt and pepper**. Roast for 15-20 minutes until golden and tender.



### 3. TOSS THE GREENS

Cut the sprouts into thirds. Toss together with spinach, **1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



### 4. MAKE THE DRESSING

Place half the chilli cheese into a bowl. Mix together with **1/4 cup water** to a drizzling consistency.



### 5. FINISH AND SERVE

Divide quinoa between bowls, top with leaves, roasted vegetables and chickpeas. Add a dollop of cashew cheese and drizzle with dressing to taste (see notes).

**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**

