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hello@hellofresh.com.au | (02) 8188 8722

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Autumnal Vegetable Quinoa with Roasted Almonds

This fantastic blend of textures and flavours will have everyone raving about your culinary capabilities! This dish boasts an array of produce from toasted almonds to creamy Greek yoghurt which comes together scrumptiously and is guaranteed to fill you up and leave you satisfied.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



high fibre



low sodium

Pantry Items



Olive Oil



Sweet Potato



Eggplant



Red Onion



Cumin



Garlic



Quinoa



Vegetable Stock Powder



Lemon



Parsley



Roasted Almonds



Greek Yoghurt

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| 2P | 4P | Ingredients |
|----------|-----------|--|
| 400 g | 800 g | sweet potato, peeled & cut into 2 cm cubes |
| 1 | 2 | eggplant, cut into 2 cm cubes |
| ½ | 1 | red onion, cut into wedges |
| 2 tbs | 4 tbs | olive oil * |
| 2 tsp | 1 tbs | cumin |
| 2 cloves | 4 cloves | garlic, unpeeled & left whole |
| ½ cup | 1 cup | quinoa, rinsed well |
| ½ tsp | 1 tsp | vegetable stock powder |
| 1 | 2 | lemon, zested & juiced |
| 1 bunch | 2 bunches | parsley, roughly chopped |
| ¼ cup | ½ cup | roasted almonds |
| ½ tub | 1 tub | Greek yoghurt |

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 2910 | Kj |
| Protein | 22.1 | g |
| Fat, total | 29.8 | g |
| -saturated | 4.6 | g |
| Carbohydrate | 81.4 | g |
| -sugars | 20.9 | g |
| Sodium | 313 | mg |



You will need: *chef's knife, chopping board, vegetable peeler, zester, sieve, fork, baking paper lined oven tray, and a medium saucepan.*

1 Preheat oven to **200°C/180°C** fan forced.

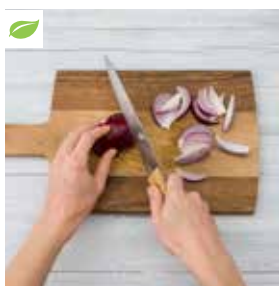
2 Place the **sweet potato**, **eggplant** and **red onion** on the prepared oven tray. Toss in the **olive oil** and **cumin**. Season generously with **salt** and **pepper**. Add the **garlic cloves** to the tray and cook in the oven for **30 minutes** or until the vegetables are tender and golden.

3 Meanwhile, place the **quinoa** into a fine sieve and rinse it with cold tap water. Add the quinoa and **vegetable stock powder** to a medium saucepan 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 and liquid is absorbed. Drain if any liquid remains and fluff with a fork. Stir through the **lemon zest** and **juice**.

4 Stir the roast vegetables, **parsley** and **roasted almonds** through the quinoa. Season to taste.

5 Squeeze the roasted garlic flesh into the **yoghurt** and stir to combine.

6 To serve, divide the roasted vegetable quinoa between bowls and drizzle with the garlic yoghurt.



Did you know? NASA declared quinoa as the perfect astronaut snack for long-term missions because it contains all the essential amino acids, is mineral rich and gluten free!