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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.

### Pantry Items



Olive Oil



Sweet Potato



Eggplant



Red Onion



Cumin



Garlic



Quinoa



Vegetable Stock  
Powder



Lemon



Parsley



Roasted Almonds



Greek Yoghurt



Prep: 10 mins  
Cook: 35 mins  
Total: 45 mins



level 1



high fibre



low sodium

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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.



**4**

**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!

