



Vegetarian Super Bowl

 20-30min  2 Portions

From smoothie bowls to sushi bowls, all-in-one meals in a rounded vessel are so hot right now! Here, we've used nutritious quinoa as a base and then teamed it with crispy roasted cauliflower and carrot that have been tossed in warming ras el hanout - a tantalising North African spice mix. Plus, some sprouted seeds, lemony kale and a toasted nut mix for added crunch.

What we send

- mixed leaves
- sprouted lentils
- cauliflower
- nut mix ¹⁵
- lime
- quinoa
- ras el hanout
- kale
- ginger
- carrot

What you'll require

- extra virgin olive oil
- Australian honey
- salt and pepper
- soy sauce ⁶

Utensils

- baking paper
- medium frypan
- oven tray
- sieve
- small saucepan

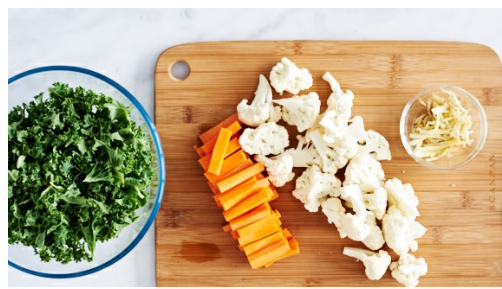
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Soy (6), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 540.0kcal, Fat 18.0g, Proteins 20.5g, Carbs 63.8g



1. Prepare ingredients

Preheat the oven to 200C. Cut the **cauliflower** into small florets. Cut the **carrots** into batons. Peel and finely chop the **ginger**. Discard centre veins from **kale** and coarsely shred the leaves.



2. Roast vegetables

Line an oven tray with baking paper. Place the **cauliflower** and **carrot** on the tray. Sprinkle with **ras el hanout** and drizzle with 2 tsp **oil**. Season with a little **salt and pepper**. Toss well and roast for 20 mins, stirring halfway through.



3. Cook quinoa

Meanwhile, rinse the **quinoa** in a sieve. Place in a small saucepan with 330ml (1 1/3 cups) water and a pinch of **salt**. Bring to the boil. Reduce heat and simmer, covered for 12-15 mins until water is absorbed and quinoa is tender. Remove from the heat, fluff with a fork to loosen grains and keep covered until ready to serve.



4. Make dressing

Zest the **lime**. Squeeze half of the **lime juice** into a bowl, add the **zest**, 1 tbs **oil**, 2 tbs **soy sauce** and 1 tsp **honey**. Stir to combine.



5. Toast nut mix

Toast the **nut mix** in a medium frypan over low heat for 3-4 mins until browned. Set aside.



6. Cook kale

Heat 2 tsp **oil** in same frypan over low heat. Cook **ginger** for 2-3 mins until soft. Add **kale** and squeeze over remaining half lime. Increase heat and cook, stirring for 2-3 mins until wilted. Arrange **quinoa**, **roasted vegetables**, kale, **salad leaves** and **sprouted lentils** in a bowl. Drizzle over the **lime and soy dressing** and serve topped with the **nut mix**.