

MARLEY SPOON



## Roast Pumpkin Steaks

with Walnut, Quinoa and Asparagus Salad



20-30min



2 Portions



## What we send

- butternut pumpkin
- quinoa
- asparagus
- red pesto <sup>7,15</sup>
- rocket leaves
- paprika
- walnuts <sup>15</sup>
- green olives

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- baking paper
- oven tray
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.

## Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

## Nutrition per serving

Energy 715kcal, Fat 44.0g, Carbs 53.9g, Proteins 20.8g



### 1. Cook quinoa

Preheat the oven to 220C. Put the **quinoa** in a sieve, rinse well until water runs clear and drain (see cooking tip). Put the quinoa and **250ml (1 cups) water** in a small saucepan and bring to a simmer. Cover with a lid and reduce the heat to low. Cook for 12 mins or until the water has absorbed and the quinoa is tender. Allow to stand, covered, for 5 mins.



### 4. Add olives

While the vegetables are roasting, put the **walnuts** on the remaining tray and toast, on the lower shelf for 3 mins. Transfer the **walnuts** to a board and allow to cool slightly. Halve the **olives**. Add to the cooked quinoa and fluff with a fork.



### 2. Prepare pumpkin

Meanwhile, line 2 oven trays with baking paper. Peel the **pumpkin**. Trim the woody ends of the **asparagus** and discard. Combine **1 tbs olive oil** with **¼ tsp paprika** (the remaining paprika won't be used in this dish) in a small bowl and season with **salt and pepper**.



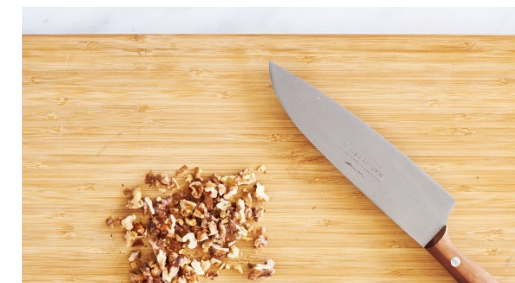
### 5. Dress rocket

Put the **rocket** in a large bowl, add **2 tbs of the pesto**, season with **salt and pepper** and toss to coat evenly.



### 3. Roast pumpkin


Put the **pumpkin** on one of the lined trays. Drizzle over **half the paprika oil** and toss to coat. Roast the pumpkin, on the top shelf, for 15 mins. After 15 mins, add the **asparagus** to the tray, drizzle over the **remaining oil** and cook for a further 5 mins or until vegetables are tender.



### 6. Chop walnuts

Coarsely chop the **walnuts**. Divide the **quinoa**, **rocket**, **asparagus** and **pumpkin** among plates. Scatter over the **walnuts** and serve with the **remaining pesto**.

Customer Service: **02 6145 2910** Email: [contact@marleyspoon.com.au](mailto:contact@marleyspoon.com.au)

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