

MARLEY SPOON



Roast Pumpkin Steaks

with Walnut, Quinoa and Asparagus Salad



20-30min



4 Portions

What we send

- butternut pumpkin
- paprika
- asparagus
- quinoa
- red pesto ^{7,15}
- rocket leaves
- walnuts ¹⁵
- green olives

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- baking paper
- medium saucepan with lid
- 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 710kcal, Fat 43.9g, Carbs 53.9g, Proteins 20.3g



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 **500ml (2 cups) water** in a medium 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 **2 tbs olive oil** with **½ tsp paprika** in a small bowl and season with **salt and pepper**.



5. Dress rocket

Put the **rocket** in a large bowl, add **80ml (⅓ cup) 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**.

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 **Packed in Australia**
from at least **45%**
Australian ingredients