



# SPICED ROASTED SQUASH AND BEETS

with Nutty Quinoa and Feta



## HELLO

### ROASTED BEETS

Packed with folate, potassium, fibre and vitamins, beets are hard to beat nutritionally

**PREP: 5 MIN** | **TOTAL: 35 MIN** | **CALORIES: 505**



Butternut Squash, cubes



Pre-Cooked Beets



Red Onion, wedges



White Quinoa



Seed Blend



Spring Mix



Smoked Paprika-Garlic Blend



Feta Cheese, crumbled



Vegetable Broth Concentrate



Dijon Mustard



White Wine Vinegar



## BUST OUT

- Baking Sheet
- Whisk
- Large Bowl
- Small Pan
- Measuring Spoons
- Sugar (1 tsp)
- Measuring Cups
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

## INGREDIENTS

2-person

- Butternut Squash, cubes 340 g
- Pre-Cooked Beets 250 g
- Red Onion, wedges 56 g
- White Quinoa ½ cup
- Seed Blend 28 g
- Spring Mix 56 g
- Smoked Paprika-Garlic Blend 2 tsp
- Feta Cheese, crumbled 2 28 g
- Vegetable Broth Concentrate 1
- Dijon Mustard 6,9 1¼ tsp
- White Wine Vinegar 9 1 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

Preheat the oven to **425°F** (to roast the veggies). Start prepping when the oven comes up to temperature!



**1 PREP** Wash and dry all produce.\* In a medium pot, bring **1 cup water** and the **broth concentrate** to a boil. Cut the **beets** into 1-inch cubes.



**2 ROAST VEGGIES** On a baking sheet, toss the **squash, beets, onions** and the **smoked paprika-garlic blend** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the veggies are golden-brown and tender, 22-24 min.



**3 COOK QUINOA** Meanwhile, add the **quinoa** to the boiling water. Reduce the heat to medium-low. Cover and cook until the quinoa is tender and all the water has been absorbed, 18-20 min.



**4 MAKE DRESSING** Meanwhile, in a large bowl, whisk together the **mustard, 1 tbsp vinegar, 1 tsp sugar** and **2 tbsp oil**. Season with **salt** and **pepper**. Set aside. Heat a small pan over medium heat. Add the **seed blend** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on the seeds so they don't burn!) Transfer to a plate and set aside.



**5 ASSEMBLE SALAD** When the **quinoa** is done, fluff it with a fork. Add the quinoa and **spring mix** to the large bowl with the dressing and toss to combine.



**6 FINISH AND SERVE** Divide the **quinoa mixture** between plates and top with the **roasted veggies**. Sprinkle over the **feta** and **toasted seed blend**.

## SALTY!

A final flourish of feta and toasted seeds adds a pop of salty, crunchy flavour!