

PERSIAN FETTA

Wholefood Nourish Bowl

- Serves 4 -



This is a perfect way to throw together a quick and healthy meal, simply cook the ingredients in advance and keep in the fridge until needed. Great for sorting a few lunches in advance.

Ingredients

- 150gm YVC Persian Fetta tub - oil drained and reserved
- 1 bunch kale - tear leaves from stems and chop roughly
- 2 sweet corn - chargrilled
- 1 avocado
- 1 cup quinoa - cook as per instructions on the packet
- quarter of a Kent pumpkin - leave skin on and cut into bite sized wedges
- 1 tsp sweet paprika
- 1 tsp salt flakes
- 50gm pepitas - toasted

- 1 Heat oven to 180 degrees.
- 2 Toss the pumpkin in a little of the reserved oil and place on a lined baking tray. Sprinkle with salt flakes and sweet paprika and cook for 20 minutes or until golden.
- 3 To toast the pepitas, place on a tray in the oven alongside the pumpkin for 8 minutes. Leave aside to cool.
- 4 Place the corn straight onto a hot bbq or chargrill pan until it starts to blacken and blister in patches. Once cooled, carefully slice kernels from the cob.
- 5 Pour a little of the reserved oil over the kale and massage to soften the chopped leaves.
- 6 Chop avocado to a large dice (only use a quarter at a time if you want to eat the Nourish Bowls over several days).
- 7 Toss the pumpkin, quinoa, kale and avocado together and dish out to 4 separate bowls.
- 8 Garnish with chargrilled corn, pepitas and Persian Fetta. *Ingredients will remain fresh in the fridge for 3-4 days.*

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