



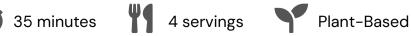
#### **Product Spotlight:** Almonds

Almonds are a wonderful source of vitamin E which is important for a strong immune system and skin health.

## **Caramelised Lemon Quinoa**

### with Olives and Almonds

Plant-powered delicious one-pot quinoa flavoured by harissa, smoked paprika and cumin, served topped with olives, caramelised lemon, almonds and parsley.





# Add more protein!

Add chickpeas, beans or lentils to this dish for extra protein!

#### FROM YOUR BOX

LEMON	1
RED ONION	1
GARLIC CLOVES	2
HARISSA PASTE	1 sachet
WHITE QUINOA	200g
CHOPPED TOMATOES	400g
RED CAPSICUM	1
NATURAL ALMONDS	80g
PARSLEY	1 packet
SICILIAN OLIVES	1 jar
BABY SPINACH	120g

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

#### **KEY UTENSILS**

large frypan with lid

#### NOTES

Toast the almonds in a dry frypan if desired!



#### **1. CARAMELISE THE LEMON**

Heat a large pan with **oil** over mediumhigh heat. Slice and add lemon. Cook on one side for 2-3 minutes or until golden. Turn over and cook for further 1-2 minutes. Transfer to a plate and reduce heat to medium.



### 2. SAUTÉ THE AROMATICS

Chop and add onion to pan (add more **oil** if needed). Crush in garlic and cook for 3 minutes or until softened. Season with **salt, pepper, 2 tsp smoked paprika, 1 tsp cumin** and harissa paste.



#### **3. SIMMER THE QUINOA**

Rinse and stir in quinoa, chopped tomatoes and **2 cups water.** Slice and add capsicum. Bring to a boil and simmer, covered, 15–20 minutes or until water is absorbed (see step 5).



#### **4. PREPARE THE GARNISH**

In the meantime, roughly chop almonds (see notes) and parsley. Drain and halve olives.



#### **5. ADD THE SPINACH**

Roughly chop spinach (optional). Stir into quinoa until wilted, roughly 1-2 minutes. Adjust seasoning with **salt and pepper** to taste.



#### 6. FINISH AND SERVE

Serve quinoa at the table and garnish with garnish with olives, parsley, almonds and caramelised lemon.



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