



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: QUINOA

Quinoa is an amazing superfood seed, cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein meaning it contains all nine essential amino acids. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.



# 1. PERUVIAN BEAN STEW

A hearty bean stew with warm spices, tomato and garlic, all cooked in the one pan then finished with fresh lime and coriander.

 30 Minutes

 2 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
18g	48g	52g

23 March 2020

## FROM YOUR BOX

RED ONION	1/2 *
GARLIC	1 clove
CARROT	1
COURGETTES	3
WHITE QUINOA	1 packet (75g)
TINNED CHERRY TOMATOES	400g
WHITE BEANS	400g
LIME	1
CORIANDER	1/2 packet *
CHIPOTLE MAYO	1/2 cup *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive oil, salt, pepper, ground turmeric, ground cumin, dried oregano, stock cube (1)

## KEY UTENSILS

large frypan with lid

## NOTES

If you don't have dried oregano you can use dried thyme. Try adding some ground or fresh ginger into the stew for a little more flavour and heat.



### 1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp olive oil**. Slice onion and crush garlic. Dice carrot and courgettes. Add to pan as you go.



### 2. ADD THE QUINOA & SPICES

Stir in **1 tsp turmeric**, **1/2 tsp oregano** and **1 tbsp cumin**. Crumble in **1 stock cube**. Add quinoa and stir to combine. Cook for 5 minutes until vegetables are softened.



### 3. SIMMER THE STEW

Pour in tinned cherry tomatoes and **2 cups water**. Cover and simmer for 15 minutes.



### 4. ADD THE BEANS

Drain and rinse beans. Add to stew and simmer for 5 minutes. Take off heat. Add lime zest and 1/2 the juice. Season with **salt and pepper** to taste.



### 5. FINISH AND PLATE

Divide bean stew among bowls. Garnish with chopped coriander and a dollop of mayo. Serve with remaining lime wedges.