



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.