



Product Spotlight: Quinoa

Quinoa is a superfood seed; cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



Quinoa Stir-Fry Satay Cups

Quinoa stir-fried with fresh ginger and veggies and served in red cabbage cups with creamy and nutty satay sauce, fresh avocado and herby coriander.



20 minutes



2 servings



Vegetarian

24 March 2023

Bulk it up!

Top these satay cups with a boiled or crispy fried egg to bulk up the servings.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	27g	65g

FROM YOUR BOX

MIXED QUINOA	1 packet (100g)
GINGER	20g
YELLOW CAPSICUM	1
CORIANDER	1 packet
BEAN SHOOTS	1 bag
SATAY SAUCE	1 bottle
AVOCADO	1
RED CABBAGE	1/4

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Drain quinoa for a minimum of 5 minutes or press it down in a sieve to squeeze out excess liquid.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse (see notes).



2. PREPARE THE INGREDIENTS

Peel and grate ginger. Dice capsicum. Finely chop coriander roots and stems (reserve leaves for garnish).



3. STIR-FRY THE VEGETABLES

Heat a frypan over medium–high heat with **oil**. Add ginger and coriander stems. Stir-fry for 1 minute. Add capsicum, bean shoots and **1 1/2 tbsp soy sauce**. Cook for a further 2 minutes.



4. ADD THE QUINOA

Add drained quinoa to stir-fry. Toss to combine and cook for 2 minutes. Season to taste with **soy sauce** and **pepper**.



5. PREPARE FRESH ELEMENTS

Add satay sauce to a bowl with **1 tbsp water**. Stir to loosen the sauce.

Slice avocado. Pull cabbage leaves apart to use as cups.



6. FINISH AND SERVE

Build cups using cabbages leaves. Spoon in quinoa stir-fry. Drizzle over satay sauce and top with avocado slices. Garnish with coriander leaves.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

