



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Kale

Kale was once known as a poor man's cabbage. It is from the brassica family, so it is related to broccoli, Brussels sprouts and cabbage. It is high in vitamin C and a great source of fibre.



## 12 Ciambotta (Spring Vegetable Stew) with Quinoa and Basil Pesto

Mixed vegetables and white beans cooked in a mild flavoured stock. Served with mixed quinoa and homemade basil pesto.



30 minutes



2 servings



Plant-Based

21 October 2022

## Make a tray bake!

Wedge onion, dice capsicum and zucchini, and halve cherry tomatoes. Toss on a lined oven tray with oil, salt, pepper and dried oregano. Bake for 15–20 minutes. Slice and add kale to the tray for the last 5 minutes.

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	28g	23g	75g

## FROM YOUR BOX

MIXED QUINOA	100g
SHALLOT	1
RED CAPSICUM	1
COURGETTES	2
CHERRY TOMATOES	1 punnet (200g)
TINNED WHITE BEANS	400g
BASIL	10g
ALMOND/NUTRITIONAL YEAST	1 packet (30g)
KALE	4 leaves

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube (of choice), 2 garlic cloves, dried oregano, vinegar (of choice)

## KEY UTENSILS

large frypan, saucepan, stick-mixer or small food processor

## NOTES

If preferred you could keep the kale separate and serve on the side. Thinly slice and massage with 1 tbsp pesto and 1/2 tbsp olive oil if you would like to have it fresh.



### 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.



### 2. SAUTÉ THE VEGETABLES

Heat a large frypan with **oil** over medium-high heat. Slice and add shallot with **1 crushed garlic clove**. Cook for 3 minutes. Dice capsicum and cut courgettes into rounds. Add to pan as you go.



### 3. ADD THE BEANS

Halve cherry tomatoes and add to frypan with beans (and liquid), **2 tsp oregano**, **crumbled stock cube** and **2 cups water**. Semi cover and simmer for 10 minutes.



### 4. MAKE THE PESTO

Roughly chop basil (keep a little for garnish if desired) and remaining **garlic**. Place into a jug with almond mix, **1/2 tbsp vinegar**, **2 tbsp olive oil** and **2 tbsp water**. Blend to a pesto consistency. Season to taste with **salt and pepper**.



### 5. ADD THE KALE

Slice (or tear) kale and add to frypan (see notes). Cook for a further 2–3 minutes until kale has cooked to your liking. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Divide quinoa among bowls. Serve Ciambotta over quinoa and add pesto to taste.

**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**

