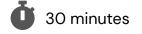




Ciambotta (Spring Vegetable Stew)

with Quinoa and Basil Pesto

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







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.

TOTAL FAT CARBOHYDRATES

28g

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 mediumhigh 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



