



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.



14 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



4 servings



Plant-Based

21 October 2022

Make a tray bake!

Wedge onion, dice capsicum and zucchini, 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:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	18g	44g

FROM YOUR BOX

MIXED QUINOA	200g
RED ONION	1
RED CAPSICUM	1
ZUCCHINI	1
CHERRY TOMATOES	2 x 200g
TINNED WHITE BEANS	400g
BASIL	60g
ALMOND/NUTRITIONAL YEAST	1 packet (50g)
KALE	1 bunch

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 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 onion with **1 crushed garlic clove**. Cook for 3 minutes. Dice capsicum and zucchini. Add to pan as you go.



3. ADD THE BEANS

Halve cherry tomatoes and add to frypan with beans (and liquid), **1 tbsp oregano**, **crumbled stock cube** and **3 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 tbsp vinegar**, **3 tbsp olive oil** and **3 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**

