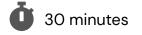




# Ciambotta (Spring Vegetable Stew)

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, 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

# 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 mediumhigh 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



