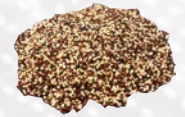





### Product Spotlight: Quinoa


Quinoa is an amazing superfood seed, cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein, meaning it contains all nine essential amino acids.



## 14 Mexican Beans and Quinoa in Lettuce Cups

Mixed quinoa and beans, mildly spiced with Mexican flavours and served in lettuce cups with a fresh cucumber and parsley topping.

 30 minutes

 4 servings

 Plant-Based

3 June 2022

## Make it a bowl!

*Add 1/2 the seasoning to the quinoa when cooking. Add the other half to sliced onion and drained, rinsed beans. Toss on an oven tray with oil and cook for 20 minutes. Serve with sliced capsicum, cucumber and chopped parsley.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 6g **CARBOHYDRATES** 38g

## FROM YOUR BOX

MIXED QUINOA	1 packet (200g)
BABY COS LETTUCE	2-pack
BROWN ONION	1
MEXICAN SPICE MIX	1 packet
TINNED BEANS	2 x 400g
RED CAPSICUM	1
LEBANESE CUCUMBER	2
PARSLEY	1 bunch

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice (we used red wine)

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you have some plant-based cheese or sour cream in the fridge they would make a lovely addition to this dish.



### 1. COOK THE QUINOA

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



### 2. SEPARATE THE LETTUCE

Separate and rinse lettuce leaves. Keep in fridge until serving.



### 3. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with oil. Slice and add onion. Sauté for 4–5 minutes until softened then add spice mix.



### 4. ADD THE BEANS

Drain and rinse the beans. Dice the capsicum. Add both to pan along with quinoa and **1 cup water**. Cook, semi-covered, for a further 4–5 minutes. Season to taste with **salt and pepper**.



### 5. PREPARE THE TOPPING

Slice cucumbers and chop parsley. Toss together with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



### 6. FINISH AND SERVE

Take quinoa mix, topping and lettuce leaves to the table for everyone to share (see notes).

**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](mailto:hello@dinnertwist.com.au)

