




**Product Spotlight:
Pepitas**


Pepitas are the edible seeds of certain pumpkin varieties without the shell and are a good source of protein!



Golden Lemon and Fennel Crockpot

A light and lemony stew with golden turmeric, fennel, tomatoes and cauliflower, served over fluffy quinoa and finished with fresh dill and pepitas.

 30 minutes

 2-3 servings

 Plant-Based

18 August 2023

Spice it up!

You can use curry powder or ground coriander to add a different flavour to the stew!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	30g	72g

FROM YOUR BOX

WHITE QUINOA	100g
FENNEL	1
TOMATO	1
CAULIFLOWER	1/2
VEGGIE STOCK PASTE	1 jar
PEPITAS	1 packet
KALE	1 bunch
LEMON	1
DILL	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground turmeric, fennel seeds

KEY UTENSILS

large frypan or saucepan with lid, saucepan, small frypan

NOTES

Drain quinoa after rinsing for a minimum of 5 minutes or press it down in a sieve to squeeze out the excess liquid; this will give you extra fluffy quinoa.



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 (see notes).



2. SAUTÉ THE VEGETABLES

Heat a large saucepan or frypan over medium-high heat with **oil**. Dice fennel and tomato. Add to pan as you go along with **1/2 tsp turmeric** and **1/2 tsp fennel seeds**. Cook for 5 minutes until softened.



3. SIMMER THE STEW

Cut cauliflower into small florets. Stir in veggie stock paste and **1L water**. Cover and simmer for 10 minutes.



4. TOAST THE PEPITAS

Add pepitas to a small frypan over medium-high heat. Toast for 5 minutes until golden. Take off heat.



5. ADD THE KALE

Finely slice kale leaves. Stir through stew until wilted. Add lemon zest and juice from 1/2 lemon (wedge remaining). Stir in **2 tbsp olive oil** and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide quinoa and stew among shallow bowls. Top with pepitas and dill fronds.



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