



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Broccoli


Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.



## K2 Mushroom Kebabs with Broccoli Tabouli

Delicious baby king oyster mushrooms threaded onto skewers with tomatoes and shallots, baked in the oven (or cooked on the BBQ!) and served with a fresh broccoli and quinoa tabouli.

 30 minutes

 2 servings

 Plant-Based

18 November 2022

## Let's BBQ!

*Cook the skewers on the barbecue grill. Cut the broccoli into steaks and also cook on the BBQ. Make a salad with all the remaining ingredients and dress as per the recipe.*

Per serve: **PROTEIN** 21g **TOTAL FAT** 29g **CARBOHYDRATES** 104g

## FROM YOUR BOX

MIXED QUINOA	50g
CHERRY TOMATOES	1 punnet
SHALLOTS	2
BABY KING OYSTER MUSHROOMS	300g
BROCCOLI	1
PEAR	1
ROASTED PEPPERS	1 jar
MINT	1 packet
SUNFLOWER SEEDS/ CRANBERRIES	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, ground cumin, maple syrup, mustard, skewers

## KEY UTENSILS

saucepan, oven tray, small food processor,

## NOTES

If you want your tabouli to have more texture, blitz the stems and finely slice the florets.

You can chop the broccoli with a knife if you don't have a food processor.



### 1. COOK THE QUINOA

Set oven to 220°C.

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. Drain quinoa for a minimum of 5 minutes or press it down in sieve to squeeze out excess liquid.



### 4. MAKE THE TABOULI

Roughly chop broccoli. Place in a food processor and blitz until finely chopped (see notes). Slice pear and drain peppers. Roughly chop mint. Combine in a large bowl.



### 2. MAKE THE KEBABS

Halve cherry tomatoes and dice shallots. Toss in a bowl with mushrooms, **2 tsp cumin, salt and pepper**. Add **2 tbsp oil** and toss again. Thread onto skewers.



### 5. DRESS THE TABOULI

In a small bowl whisk together **3 tbsp olive oil, 2 tbsp vinegar, 1/2 tbsp mustard, 2 tsp maple syrup** and **2 tbsp water**. Add quinoa to broccoli mix along with half the dressing and toss well. Season to taste with **salt and pepper**.



### 3. COOK THE KEBABS

Lay the skewers on a lined oven tray and bake for 10-15 minutes, turning halfway through.



### 6. FINISH AND SERVE

Divide tabouli among plates and add kebabs on the side. Sprinkle with sunflower seed/cranberry mix.

**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)

