



Product Spotlight: Quinoa

Quinoa is a superfood seed; cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



Winter Harissa Tagine

with Toasted Almonds

A flavourful spiced tagine with root vegetables and green olives served over quinoa and finished with toasted almonds and fresh dill.

Spice it up!

You can use ground turmeric, paprika or coriander in this dish to enhance the Moroccan flavours. You could also add saffron if you have some.



35 minutes



2 servings



Plant-Based

21 July 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	40g	105g

FROM YOUR BOX

WHITE QUINOA	100g
SHALLOT	1
CARROT	1
WHITE SWEET POTATOES	300g
CHERRY TOMATOES	1 bag (200g)
HARISSA PASTE	1 sachet
FLAKED ALMONDS	1 packet (20g)
SICILIAN OLIVES	1 tub
DILL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, 1 vegetable stock cube

KEY UTENSILS

large frypan with lid, saucepan, small frypan

NOTES

If you prefer a milder dish, use half the harissa paste and an extra 1/2 tbsp cumin instead.

Add some tinned legumes like chickpeas or cannellini beans to this dish if desired!



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with water. Bring to a boil and simmer for 10–12 minutes until tender. Drain and rinse.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium–high heat with **2 tbsp olive oil**. Slice shallot and carrot. Dice sweet potatoes (2cm) and halve tomatoes. Add all to pan as you go along with **1/2 tbsp cumin**. Cook for 2 minutes until fragrant.



3. SIMMER THE TAGINE

Stir in harissa paste and crumble in **stock cube** (see notes). Pour in **2 cups water** and stir to combine. Cover and simmer for 20–25 minutes or until vegetables are tender.



4. TOAST THE ALMONDS

Add flaked almonds to a dry frypan. Toast for 3–4 minutes until golden. Set aside.



5. STIR THROUGH THE OLIVES

Rinse olives and stir through tagine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide quinoa and tagine among shallow bowls. Garnish with picked dill fronds and flaked almonds.

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**

