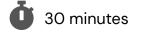






# Golden Lemon and Fennel Crockpot

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





4 servings



# Spice it up!

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

TOTAL FAT CARBOHYDRATES

17g

55g

#### FROM YOUR BOX

WHITE QUINOA	200g
FENNEL	1
TOMATOES	2
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 tomatoes. Add to pan as you go along with 1 tsp turmeric and 1 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.

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



