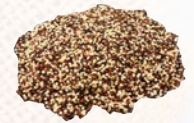





Product Spotlight: Quinoa


Quinoa is gluten-free, high in protein and one of the only plant foods that contain all nine essential amino acids.



K4 Lemon Quinoa with Stir Fried Autumn Veg

This lemon quinoa is a perfect base for stir-fried Autumn vegetables, boosted by the addition of smoked grape tomatoes from The Naked Food Co, and finished with crunchy almonds and pepitas.

 25 minutes

 4 servings

 Plant-Based

29 April 2022

Bulk it up!

This dish is the perfect time to use up any vegetables hiding in your fridge. Celery, broccoli, or cauliflower, just about anything will work in this stir fry!

Per serve: **PROTEIN** 28g **TOTAL FAT** 21g **CARBOHYDRATES** 55g

FROM YOUR BOX

QUINOA AND CURRANTS	240g
RED ONION	1
FENNEL	1
CARROTS	2
GREEN BEANS	250g
SMOKED GRAPE TOMATOES	350g
ALMONDS/PEPITAS	1 packet (100g)
LEMON	1

FROM YOUR PANTRY

olive oil, salt, pepper, 1 garlic clove, dried thyme, stock cube (of choice), flour (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

If you want to increase the protein in this dish you can add a can of white beans at step 4.



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. Return to pan.



2. PREPARE THE VEGETABLES

Slice onion, fennel (keep any green fronds), and carrots. Trim and halve beans. Crush **garlic**, drain and roughly chop tomatoes (keep the oil for cooking).



3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium–high heat. Add almond mix and toast for 1–2 minutes until golden, remove from pan. Add **2 tbsp oil** (from tomatoes) along with onion, fennel, carrots, **garlic**, and **2 tsp thyme**. Cover and cook for 6–8 minutes.



4. ADD THE BEANS

Add the beans and tomatoes along with crumbled **stock cube** and **1 tbsp flour**, stir to combine then mix in **2 cups water**. Semi-cover and cook for 3–5 minutes or until vegetables are cooked to your liking. Season to taste with **salt and pepper**.



5. SEASON THE QUINOA

Zest lemon to yield 1 tsp and juice half (wedge remaining). Slice reserved fennel fronds. Toss the quinoa with **1 tbsp olive oil**, lemon zest and juice, fennel fronds, **salt and pepper**.



6. FINISH AND SERVE

Serve quinoa into bowls. Top with vegetables and almond mix, and add a lemon wedge.

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

