



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.



K4 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 fresh broccoli and quinoa tabouli.



30 minutes



4 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	TOTAL FAT	CARBOHYDRATES
	13g	17g	55g

FROM YOUR BOX

MIXED QUINOA	100g
CHERRY TOMATOES	1 punnet
RED ONION	1
BABY KING OYSTER MUSHROOMS	2 x 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 (of choice), skewers

KEY UTENSILS

saucepan, oven tray, 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.



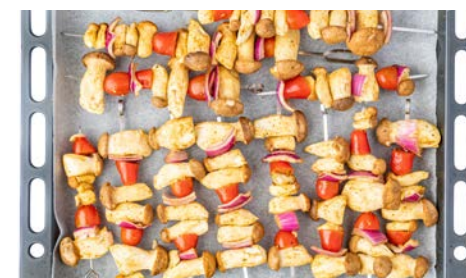
2. MAKE THE KEBABS

Halve cherry tomatoes and dice red onion. Toss in a bowl with mushrooms, **3 tsp cumin, salt and pepper**. Add **3 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**

