



Product Spotlight: Grapes

Grapes are a good source of vitamin C, and with a water content of around 80%, they are great for maintaining hydration. Delicious fresh, and frozen as snacks!



Quinoa and Grape Salad with Nut Clusters

Fresh lemon and chive dressing give this mixed quinoa and grape salad a delicious finish. Served with avocado and a sprinkle of nut clusters for some crunch.



30 minutes



4 servings



Plant-Based

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Mix it up!

You can easily change the flavour of the nuts by replacing the thyme with rosemary, smoked paprika, oregano, chilli, or any other favourite herb. You can also swap the sugar for maple syrup and the salt for soy sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	41g	47g

FROM YOUR BOX

MIXED QUINOA	200g
LEMON	1
CLUSTER MIX *	120g
CHIVES	1 bunch
RED GRAPES	200g
CELERY	2 sticks
YELLOW CAPSICUM	1
AVOCADO	2
MESCLUN LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, sugar (of choice)

KEY UTENSILS

frypan, saucepan

NOTES

Cluster mix : almonds, pepitas, sunflower seeds

Rub the avocado with some oil and place onto a grill pan for 3-4 minutes if desired.



1. COOK THE QUINOA

Place quinoa in a saucepan with lemon zest and **2 tsp thyme**. 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 a sieve to squeeze out excess liquid.



2. TOAST THE NUT MIX

Heat a frypan over medium high heat with a little **oil**. Add cluster mix with **1/2 tsp thyme, 2 tsp sugar, salt and pepper**. Cook stirring for 3-4 minutes or until browned and sugar has dissolved. Tip onto a piece of baking paper to cool.



3. MAKE THE DRESSING

Finely slice chives and juice lemon. Whisk together in a bowl with **4 tbsp olive oil, 2 tbsp water, 1 tsp sugar, salt and pepper**.



4. PREPARE THE SALAD

Halve grapes, dice celery and capsicum. Place into a bowl.

Peel and halve avocados, keep separate (see notes).



5. TOSS THE SALAD

Add quinoa and half the dressing to the salad bowl. Mix well and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide all salad components among bowls. Add 1/2 avocado, sprinkle with nuts and spoon over extra dressing to taste.

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**

