

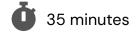




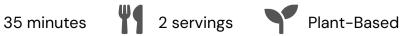
Caramelised Lemon Quinoa

with Olives and Almonds

Plant-powered delicious one-pot quinoa flavoured by harissa, smoked paprika and cumin, served topped with olives, caramelised lemon, almonds and parsley.







Add more protein!

Add chickpeas, beans or lentils to this dish for extra protein!

FROM YOUR BOX

LEMON	1
RED ONION	1
GARLIC CLOVE	1
HARISSA PASTE	1 sachet
WHITE QUINOA	100g
CHOPPED TOMATOES	400g
RED CAPSICUM	1
NATURAL ALMONDS	40g
PARSLEY	1 packet
SICILIAN OLIVES	1 jar
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

large frypan with lid

NOTES

Toast the almonds in a dry frypan if desired!



1. CARAMELISE THE LEMON

Heat a large pan with **oil** over mediumhigh heat. Slice and add **lemon**. Cook on one side for 2-3 minutes or until golden. Turn over and cook for a further 1-2 minutes. Transfer to a plate and reduce heat to medium.



2. SAUTÉ THE AROMATICS

Chop and add onion to pan (add more oil if needed). Crush in garlic and cook for 3 minutes or until softened. Season with salt, pepper, 1/2 tsp smoked paprika, 1/2 tsp cumin and harissa paste.



3. SIMMER THE QUINOA

Rinse and stir in quinoa, chopped tomatoes and 3/4 cup water. Slice and add capsicum. Bring to a boil and simmer, covered, 15–20 minutes or until water is absorbed (see step 5).



4. PREPARE THE GARNISH

In the meantime, roughly chop **almonds** (see notes) and **parsley**. Drain and halve **olives**.



5. ADD THE SPINACH

Roughly chop **spinach** (optional). Stir into quinoa until wilted, roughly 1–2 minutes. Adjust seasoning with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve quinoa at the table and garnish with garnish with olives, parsley, almonds and caramelised lemon.



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



