

**Product Spotlight:
Almonds**

Almonds are a wonderful source of vitamin E which is important for a strong immune system and skin health.



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.



35 minutes



2 servings



Plant-Based

Add more protein!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	83g	58g

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. CAMELISE THE LEMON

Heat a large pan with **oil** over medium-high heat. Slice and add lemon. Cook on one side for 2-3 minutes or until golden. Turn over and cook for 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.



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