

**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



4 servings



Plant-Based

Add more protein!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	15g	48g	48g

FROM YOUR BOX

LEMON	1
RED ONION	1
GARLIC CLOVES	2
HARISSA PASTE	1 sachet
WHITE QUINOA	200g
CHOPPED TOMATOES	400g
RED CAPSICUM	1
NATURAL ALMONDS	80g
PARSLEY	1 packet
SICILIAN OLIVES	1 jar
BABY SPINACH	120g

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!



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1. CARAMELISE 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 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, 2 tsp smoked paprika, 1 tsp cumin** and **harissa paste**.



3. SIMMER THE QUINOA

Rinse and stir in **quinoa, chopped tomatoes** and **2 cups 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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