



Product Spotlight: Quinoa

It looks like a grain, but quinoa is, in fact, a seed. It comes in black, white and red varieties and is full of protein, with a chewy texture and nutty flavour.



Mushroom Souvlaki Bowl with Garlic Dressing

Smokey button mushrooms served on a bed of quinoa with freshly diced vegetables and olives, all dressed with a lemon and garlic dressing.



25 minutes



2 servings



Plant-Based

Change the dressing!

Skordalia is a tasty Greek sauce made from garlic paste, lemon juice and olive oil. If you find the flavour a little punchy, you can use half and mix it with coconut yoghurt or hummus.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	58g	59g

FROM YOUR BOX

WHITE QUINOA	100g
SKORDALIA DIP	1 tub
LEMON	1
TOMATO	1
LEBANESE CUCUMBER	1
SHALLOT	1
SICILIAN OLIVES	1 jar
SUNFLOWER SEED/PEPITA MIX	1 packet
BUTTON MUSHROOMS	150g

FROM YOUR PANTRY

oil for cooking, olive oil, soy sauce or tamari, smoked paprika

KEY UTENSILS

large frypan, saucepan

NOTES

Drain the quinoa for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.

You can add dried oregano to the mushrooms if you have some!

Any leftover garlic dressing can be used as a dip either on its own or blended with chickpeas!



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1. COOK THE QUINOA

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 (see notes).



2. PREPARE THE DRESSING

Combine 1/2 skordalia dip with zest and juice from 1/2 lemon (wedge remaining) and **2 tbsp water**. Set aside.



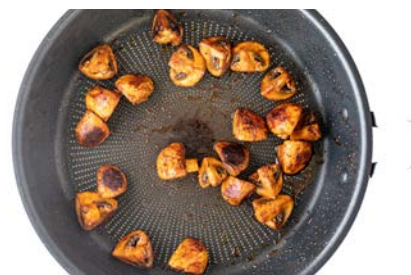
3. PREPARE THE TOPPINGS

Dice tomato and cucumber. Finely slice shallot (to taste). Toss together with **olive oil**. Drain olives. Set aside.



4. TOAST THE SEEDS (OPTIONAL)

Place seed mix in a dry frypan. Toast for 2-4 minutes until golden. Remove from pan and set aside.



5. GRILL THE MUSHROOMS

Combine **2 tsp soy sauce** and **1 tsp paprika** (see notes). Quarter mushrooms and toss to coat. Reheat frypan over medium-high heat with **oil**. Cook mushrooms for 3-5 minutes until tender.



6. FINISH AND SERVE

Divide quinoa among bowls. Top with mushrooms and toppings. Spoon over dressing to taste, garnish with seed mix and serve with lemon wedges (see notes).

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