

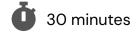




## **Quinoa and Cashew Stir Fry**

### with Lime Dressing

Earthy quinoa stir-fried with a rainbow of vegetables, cashews and coconut chips and tossed with a vibrant sauce of lime, chilli and coriander.





2 servings



# Spice it up!

If you don't want to use the whole chilli in this dish, simply freeze the remainder of the chilli. The next time you want to add a little chilli to a dish, grate the frozen chilli into it.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

1g 28g

3

65g

#### FROM YOUR BOX

MIXED ORGANIC QUINOA	100g
RED CHILLI	1
CORIANDER	1 packet
LIME	1
CARROT	1
GREEN BEANS	150g
GREEN CAPSICUM	1
COCONUT CASHEW MIX	1 packet

#### FROM YOUR PANTRY

salt and pepper, maple syrup, sesame oil, ground turmeric

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

If you want to reduce the spice level in this sauce you can de-seed the chilli before slicing and adding to the sauce, or only use half the chilli.



#### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 12-15 minutes. Drain and rinse.



#### 2. MAKE THE SAUCE

Thinly slice half the chilli (see notes) and stems from coriander, zest and juice half the lime (wedge remaining). Add to a bowl with 1/2 tbsp maple syrup, 1 tbsp sesame oil, salt and pepper. Whisk together.



#### 3. COOK THE VEGETABLES

Heat a frypan over medium-high heat with sesame oil. Julienne or grate carrot, trim and halve green beans, slice capsicum. Add to pan as you go with 1 tsp turmeric and 1/4 cup water. Cook while stirring for 4-6 minutes.



#### 4. ADD THE SAUCE & QUINOA

Pour cooked quinoa into frypan with prepared sauce and cashews. Mix well, cook for 3-4 minutes.



#### **5. FINISH AND PLATE**

Divide stir fry into shallow bowls, top with fresh coriander and lime wedges.







