



### Product Spotlight: Avocado

To prepare an avocado, hold it steady with one hand and slice through the skin lengthwise until you hit the pit. Cut around the entire fruit. Gently twist the two halves in opposite directions to separate them.



## Goddess Grain Bowl

Organic tri-coloured quinoa tossed with fresh mint, served with fresh toppings, olives, crispy polenta-coated zucchini, and hemp and mixed seeds, finished with a drizzle of tahini-based harvest dressing.



35 minutes



Plant-Based



4/6 servings

## Add to it!

*Add lemon zest and juice to the quinoa for extra flavour. Add extra toppings to the bowl such as fresh dill, marinated artichoke hearts or sun-dried tomatoes. You can grill the capsicum for extra smokey flavour.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	17g/13g	47g/56g	62g/51g

## FROM YOUR BOX

	4 PERSON	6 PERSON
MIXED QUINOA	200g	200g + 100g
ZUCCHINIS	2	2
POLENTA	50g	50g
SICILIAN OLIVES	1 jar	2 jars
TOMATOES	2	3
AVOCADOS	2	3
RED CAPSICUM	1	2
MINT	60g	60g
HEMP & MIXED SEEDS	60g	60g + 30g
HARVEST DRESSING	1 tub	2 tubs

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin

## KEY UTENSILS

large frypan, saucepan

## NOTES

The zucchini doesn't need to be evenly coated with the polenta, just enough so that it gets a crispy exterior once it's cooked.

If desired, toast seeds in a dry frypan until golden.

*Hemp & Mixed Seeds: hemp hearts, sunflower seeds, mixed sesame seeds, pepitas*



### 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. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.



### 2. PREPARE THE ZUCCHINI

Slice **zucchini** into 2cm rounds. Add to a large bowl along with **2 tbsp oil**, **1 tsp cumin**, **salt and pepper**, toss to season zucchini. Add **polenta** and toss until zucchini is coated (see notes).

**6P** – add **3 tbsp oil** and **1 1/2 tsp cumin**.



### 3. PREPARE THE TOPPINGS

Drain **olives**. Dice **tomatoes**, and slice **avocados** and **capsicum** (see notes).



### 4. COOK THE ZUCCHINI

Heat a large frypan over medium-high heat with **oil**. Add **zucchini** (in batches if necessary) and cook for 3–5 minutes each side until golden and tender.



### 5. DRESS THE QUINOA

Finely chop **mint** (including tender stems). Return **quinoa** to saucepan. Add **mint**, **2 tbsp olive oil**, **salt and pepper** (see notes). Mix to combine.



### 6. FINISH AND SERVE

Divide **quinoa** among shallow bowls. Add **toppings**, **crispy zucchini** and **hemp & seed mix**. Drizzle over **harvest dressing**.

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