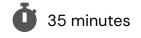






# **Goddess Grain Bowl**

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







# 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.

4/6 Person:

TOTAL FAT CARBOHYDRATES 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 zucchinis 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 11/2 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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