



Product Spotlight: Grapes

Grapes are a good source of vitamin C, and with a water content of around 80%, they are great for maintaining hydration. Delicious fresh or frozen as snacks!



Quinoa and Grape Salad with Nut Clusters

Fresh lemon and chive dressing give this mixed quinoa and grape salad a delicious finish; served with avocado and a sprinkle of nut clusters for crunch.



30 minutes



4 servings



Plant-Based

Mix it up!

You can easily change the flavour of the nuts by replacing the thyme with rosemary, smoked paprika, oregano, chilli, or any other favourite herb. You can also swap the sugar for maple syrup and the salt for soy sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	11g	41g	47g

FROM YOUR BOX

MIXED QUINOA	200g
LEMON	1
CLUSTER MIX	2 x 60g
CHIVES	1 bunch
RED GRAPES	200g
CELERY STICKS	2
YELLOW CAPSICUM	1
AVOCADOS	2
MESCLUN LEAVES	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, sugar (of choice)

KEY UTENSILS

frypan, saucepan

NOTES

Rub the avocado with some oil and place onto a grill pan for 3–4 minutes if desired.

Cluster mix: almonds, pepitas, sunflower seeds.



1. COOK THE QUINOA

Place **quinoa** in a saucepan with **lemon zest** and **2 tsp thyme**. Cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.



2. TOAST THE NUT MIX

Heat a frypan over medium high heat with a little **oil**. Add **cluster mix** with **1/2 tsp thyme**, **2 tsp sugar**, **salt and pepper**. Cook, stirring, for 3–4 minutes or until browned and sugar has dissolved. Tip onto a piece of baking paper to cool.



3. MAKE THE DRESSING

Finely slice **chives** and juice lemon. Whisk together in a bowl with **4 tbsp olive oil**, **2 tbsp water**, **1 tsp sugar**, **salt and pepper**.



4. PREPARE THE SALAD

Halve **grapes**, dice **celery** and **capsicum**. Place into a bowl.

Peel and halve **avocados**, keep separate (see notes).



5. TOSS THE SALAD

Add quinoa and half the dressing to the salad bowl. Mix well and season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide salad and **mesclun** among bowls. Add 1/2 avocado, sprinkle with nuts and spoon over extra dressing to taste.



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