

**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



4/6 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
20g 35g 47g

FROM YOUR BOX

	4 PERSON	6 PERSON
MIXED QUINOA	200g	200g + 100g
CLUSTER MIX	2 x 60g	3 x 60g
CHIVES	1 bunch	1 bunch
LEMON	1	1
RED GRAPES	200g	2 x 200g
CELERY STICKS	2	3
YELLOW CAPSICUM	1	2
AVOCADOS	2	3
MESCLUN LEAVES	1 bag	2 bags

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 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.

6P – Use 1 tsp thyme and 3 tsp sugar.



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**.

3. MAKE THE DRESSING

Slice **chives**. **Zest and juice lemon**. Add to a bowl with **4 tbsp olive oil, 2 tbsp water, 1 tsp thyme, 1 tsp sugar, salt and pepper**.

6P – Slice chives. Zest and juice lemon. Add to a bowl with 5 tbsp olive oil, 2–3 tbsp water, 2 tsp thyme, 2 tsp sugar, 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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