




Product Spotlight: Quinoa


Quinoa is gluten-free, high in protein and one of the only plant foods to contain all nine essential amino acids.



Mushroom Souvlaki Bowl with Garlic Dressing

Smokey button mushrooms on a bed of quinoa with freshly diced vegetables and olives, all dressed with a lemon and garlic dressing.

 25 minutes

 2 servings

 Plant-Based

Change the dressing!

Skordalia is a tasty Greek sauce made from garlic paste, lemon juice and olive oil. If you find the flavour a little punchy, you can use 1/2 and mix it with coconut yoghurt or hummus.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	11g	54g

FROM YOUR BOX

ORGANIC WHITE QUINOA	100g
SKORDALIA DIP	1 tub
LEMON	1
TOMATO	1
LEBANESE CUCUMBER	1
SHALLOT	1
SICILIAN OLIVES	1 jar
SUNFLOWER/PEPITA SEED MIX	1 packet
BUTTON MUSHROOMS	150g

FROM YOUR PANTRY

oil for cooking, olive oil, soy sauce or tamari, smoked paprika

KEY UTENSILS

large frypan, saucepan

NOTES

You can add some dried oregano to the mushrooms if you have some!

Any leftover garlic dressing can be used as a dip either on its own or blended with chickpeas!



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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 DRESSING

Combine $\frac{1}{2}$ skordalia dip with zest and juice from $\frac{1}{2}$ lemon (wedge remaining) and **2 tbsp water**. Set aside.



3. PREPARE THE TOPPINGS

Dice tomato and cucumber. Finely slice shallot (to taste). Toss together with **olive oil**. Drain olives. Set aside.



4. TOAST THE SEEDS (OPTIONAL)

Place seed mix in a dry frypan. Toast for 2–4 minutes until golden. Remove from pan and set aside. Reserve pan for step 5.



5. GRILL THE MUSHROOMS

Combine **2 tsp soy sauce** and **1 tsp paprika** (see notes). Quarter mushrooms and toss to coat. Reheat frypan over medium–high heat with **oil**. Cook mushrooms for 3–5 minutes until tender.



6. FINISH AND SERVE

Divide quinoa among bowls. Top with mushrooms and toppings. Spoon over dressing to taste, garnish with seed mix and serve with lemon wedges.

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