



### Product Spotlight: Quinoa

Quinoa is a superfood seed; cooked like rice. It is mineral-rich, gluten-free and classed as a complete protein because it has all nine essential amino acids. Protein plays a crucial role in our bodies, and amino acids are its building blocks.



## Quinoa Stir-Fry Satay Cups

Quinoa stir-fried with fresh ginger and veggies and served in crispy cabbage cups with creamy and nutty satay sauce, fresh avocado and herby coriander.



20 minutes



2 servings



Plant-Based

### Bulk it up!

*Add veggies to the stir fry such as snow peas, sliced carrots or celery. You can also add diced tofu or crumbled tempeh if desired.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	37g	55g

## FROM YOUR BOX

MIXED QUINOA	100g
GINGER	1 piece
YELLOW CAPSICUM	1
CORIANDER	1 packet
BEAN SHOOTS	1 bag
CASHEW SATAY SAUCE	1 bottle
AVOCADO	1
GREEN CABBAGE	1/2
SALTED/ROASTED PEANUTS	1 packet

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

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

*\*red cabbage has been replaced for green cabbage due to issues with the supply.*



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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 (see notes).



### 2. PREPARE THE INGREDIENTS

Peel and grate ginger. Dice capsicum. Finely chop coriander roots and stems (reserve leaves for garnish).



### 3. STIR-FRY THE VEGETABLES

Heat a frypan over medium-high heat with **oil**. Add ginger and coriander stems. Stir-fry for 1 minute. Add capsicum, bean shoots and **1 1/2 tbsp soy sauce**. Cook for a further 2 minutes.



### 4. ADD THE QUINOA

Add drained quinoa to stir-fry. Toss to combine and cook for 2 minutes. Season to taste with **soy sauce** and **pepper**.



### 5. PREPARE FRESH ELEMENTS

Add satay sauce to a bowl with **1 tbsp water**. Stir to loosen the sauce.

Slice avocado. Pull cabbage leaves apart to use as cups.



### 6. FINISH AND SERVE

Build cups using cabbages leaves. Spoon in quinoa stir-fry. Drizzle over satay sauce and top with avocado slices. Garnish with coriander leaves and peanuts.

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