



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Rocket Leaves


Rocket, also called arugula, has a spicy, peppery flavour, and is best consumed fresh to preserve nutrients, but can be stirred into risottos and warm salads too!



04 Golden Halloumi Stew

A tomato vegetable stew with golden halloumi pieces and fragrant thyme, served over fluffy white quinoa and finished with fresh rocket leaves.

 20 minutes

 4 servings

 Vegetarian

March-April 2022

Switch it up!

This stew is also delicious served over pasta, mash or rice! You can add diced chicken, meatballs or sausage!

FROM YOUR BOX

QUINOA	1 packet (200g)
HALLOUMI	1 packet
THYME	1 packet
RED ONION	1
YELLOW CAPSICUM	1
RED CAPSICUM	1
MUSHROOMS	300g
TOMATO SUGO	1 jar
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, balsamic vinegar

KEY UTENSILS

saucepan, large frypan

NOTES

Add some chilli flakes if you like!

We added the whole thyme sprigs from 1/2 packet to this dish. You can either pick the leaves to add or discard the sprigs just before serving.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 10–15 minutes or until tender. Drain and rinse.



2. FRY THE HALLOUMI

Heat a large frypan with **oil** over medium-high heat. Dice halloumi (1cm cubes) and add to pan with thyme leaves from 1/4 packet. Cook until golden. Remove to a plate, keeping pan over heat.



3. ADD THE VEGETABLES

Slice red onion and capsicums. Add to pan as you go with more thyme, to taste, (see notes) and **2 tsp oregano**. Roughly chop and add mushrooms. Cook for 5 minutes.



4. SIMMER THE STEW

Stir in tomato sugo and **1/4 jar water**. Simmer, uncovered, for 5 minutes. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Serve stew over quinoa. Top with golden halloumi, extra thyme leaves, to taste, and rocket leaves. Drizzle with **balsamic vinegar**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

