


### 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

 4 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** 16g **TOTAL FAT** 57g **CARBOHYDRATES** 49g

## FROM YOUR BOX

ORGANIC WHITE QUINOA	200g
SKORDALIA DIP	1 tub
LEMON	1
RED CAPSICUM	1
SHALLOT	1
LEBANESE CUCUMBERS	2
SICILIAN OLIVES	1 jar
SUNFLOWER/PEPITA SEED MIX	1 packet
BUTTON MUSHROOMS	300g

## 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 skordalia dip with zest and juice from 1/2 lemon (wedge remaining) and **3 tbsp water**. Set aside.



### 3. PREPARE THE TOPPINGS

Dice capsicum, finely slice shallot and slice cucumbers. 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 **1 tbsp soy sauce** and **1/2 tbsp 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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