



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



4 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
	17g	30g	44g

FROM YOUR BOX

MIXED QUINOA	200g
GINGER	2 pieces
YELLOW CAPSICUM	1
CORIANDER	1 packet
BEAN SHOOTS	1 bag
CASHEW SATAY SAUCE	1 bottle
AVOCADOS	2
GREEN CABBAGE	1/2
SALTED/ROASTED PEANUTS	2 packets

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 **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 avocados. 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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