




### 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!



## 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.

 25 minutes

 2 servings

 Vegetarian

## Switch it up!

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

Per serve: **PROTEIN** 30g **TOTAL FAT** 29g **CARBOHYDRATES** 57g

## FROM YOUR BOX

QUINOA	100g
HALLOUMI	1 packet
THYME	1 packet
SHALLOT	1
YELLOW CAPSICUM	1
MUSHROOMS	150g
TOMATO SUGO	1 jar
ROCKET LEAVES	60g

## FROM YOUR PANTRY

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

## KEY UTENSILS

large frypan, saucepan

## 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.



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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. Press into sieve to squeeze out excess water.



### 2. FRY THE HALLOUMI

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



### 3. ADD THE VEGETABLES

Slice **shallot** and **capsicum**. Add to pan as you go with more **thyme leaves** to taste (see notes) and **1 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**, **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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

