



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



4 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	TOTAL FAT	CARBOHYDRATES
	22g	16g	44g

FROM YOUR BOX

QUINOA	200g
HALLOUMI	1 packet
THYME	1 packet
RED ONION	1
YELLOW CAPSICUM	1
RED CAPSICUM	1
MUSHROOMS	200g
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 **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, 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**

