



### 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

4/6 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
4/6 Person:	34g	36g/28g	56g/63g

## FROM YOUR BOX

	4 PERSON	6 PERSON
QUINOA	200g	200g + 100g
HALLOUMI	1 packet	3 packets
THYME	1 packet	1 packet
RED ONION	1	1
YELLOW CAPSICUM	1	2
RED CAPSICUM	1	2
MUSHROOMS	300g	300g + 150g
TOMATO SUGO	1 jar	2 jars
ROCKET LEAVES	1 bag	2 bags

## 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 **2-3 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**

