



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Quinoa


Quinoa is gluten-free, high protein and one of the only plant foods that contain all nine essential amino acids.



## 3 Avocado and Quinoa Bowl with Green Tahini Dressing

A wonderful bowl of goodness. Roasted vegetables, grilled avocado, and lettuce all on top of quinoa and lentils. Finished with almonds and green tahini dressing.

 30 minutes

 2 servings

 Plant-Based

14 January 2022

## Mix it together!

*For a lunch or dinner on the run dice the avocado and toss all the components together.*

Per serve: **PROTEIN** 17g **TOTAL FAT** 29g **CARBOHYDRATES** 48g

## FROM YOUR BOX

MIXED QUINOA/LENTILS	1 packet (200g)
MEDLEY CHERRY TOMATOES	1 packet (200g)
COURGETTES	3
SHALLOT	1
GREEN TAHINI DIP	1 tub (160g)
AVOCADO	1
NATURAL ALMONDS	1 packet (40g)
FESTIVAL LETTUCE	1 (see notes)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, cumin seeds

## KEY UTENSILS

grill or frypan, saucepan, oven tray

## NOTES

If the dip is too tart for your taste you can add some sweetener of choice.

Use up remaining dip with some crackers or on a sandwich.

You can grill the avocado on the barbecue or if you are short on time leave them natural.

You can dry fry the almonds in a frypan for a couple of minutes to give a little more crunch if desired.

Due to a shortage of spinach and rocket (pictured) this has been replaced with festival lettuce.



### 1. COOK THE QUINOA MIX

Set oven to 220°C.

Place quinoa mix in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15-18 minutes or until tender. Drain and rinse.



### 2. ROAST THE VEGETABLES

Halve cherry tomatoes, slice courgettes and shallot. Toss on a lined oven tray with **1 tsp cumin seeds, oil, salt and pepper**. Cook for 20-25 minutes until tender.



### 3. MAKE THE DRESSING

Place 1/2 tub dip into a small bowl. **Add 2 tbs water** and whisk together (see notes).



### 4. GRILL THE AVOCADO

Heat a grill/frypan to medium-high heat. Cut the avocado in half and remove seed. Use a knife to criss-cross the surface and rub with **oil, salt and pepper**. Grill for 4-6 minutes until grill marks appear (see notes).



### 5. FINISH AND SERVE

Roughly chop almonds (see notes). Wash and tear lettuce (use to taste).

Divide quinoa between bowls. Top with roasted vegetables, leaves and avocado. Sprinkle with chopped almonds. Spoon over dressing to taste.

**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**

