



### Product Spotlight: Quinoa

Quinoa is mineral-rich, gluten-free and classed as a complete protein meaning it contains all nine essential amino acids. Protein plays a crucial role in our bodies and amino acids are the building blocks of it.



## 2 Balsamic Dutch Carrots with Herb Quinoa

A fresh herb and quinoa salad with red cabbage, parsley and dill, tossed with currants and seeds and topped with roast dutch carrots and finished with a balsamic glaze.



30 minutes



2 servings



Plant-Based

1 February 2021

### Spice it up!

*If you don't have fennel seeds you can substitute it with cumin seeds or ground coriander. Cook the quinoa with a stock cube for added flavour if preferred!*

Per serve: **PROTEIN** 18g **TOTAL FAT** 23g **CARBOHYDRATES** 58g

## FROM YOUR BOX

DUTCH CARROTS	1 bunch
BALSAMIC GLAZE	3-4 tbsps *
ORGANIC QUINOA	100g
COCONUT YOGHURT	1 tub
SPRING ONION	1
PARSLEY	1/2 bunch *
DILL	1 packet
SHREDDED RED CABBAGE	1/2 bag (100g) *
CURRANTS/SEED MIX	1 packet (50g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, fennel seeds, white wine vinegar, garlic (1/2 clove)

## KEY UTENSILS

oven tray, saucepan

## NOTES

You can reserve your carrot tops to make a pesto!

The quinoa will have a faint white ring around the grain when it is cooked.



### 1. ROAST THE CARROTS

Set oven to 220°C.

Trim carrots and toss on a lined oven tray with **1/2 tsp fennel seeds**, 1 tbsps balsamic glaze, **oil, salt and pepper**. Roast for 20-25 minutes until cooked through (see notes).



### 2. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse (see notes).



### 3. PREPARE THE YOGHURT

Combine **1/2 crushed garlic clove** with yoghurt, **2 tsp vinegar, salt and pepper**.



### 4. PREPARE THE SALAD

Slice spring onion. Chop parsley and dill. Toss together with cooked quinoa, cabbage and currants/seed mix.



### 5. FINISH AND PLATE

Spread even amounts of yoghurt on bottom of plates. Top with salad and roast carrots. Drizzle over 1-2 tbsps balsamic glaze.

**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**

