




Product Spotlight: Cashew Nuts


Cashew nuts contain more iron than any other nut and are ranked highly for their healthy, heart-friendly monounsaturated fats, which can help increase the good cholesterol in the blood.



2 Quinoa Cashew Stir Fry

Stir fried vegetables with quinoa, cashew and a zingy chilli and lime sauce.

 30 mins

 2 servings

 Plant-Based

23 July 2021

Spice it down!

If you don't want to use the whole chilli in this dish, simply freeze the remainder of the chilli. The next time you want to add a little chilli to a dish grate the frozen chilli into it.

Per serve: **PROTEIN** 12g **TOTAL FAT** 18g **CARBOHYDRATES** 101g

FROM YOUR BOX

QUINOA	100g
RED CHILLI	1
CORIANDER	1/2 packet *
LIME	1
CARROT	1
GREEN BEANS	150g
GREEN CAPSICUM	1
COCONUT CASHEW MIX	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

salt and pepper, maple syrup, sesame oil, ground turmeric

KEY UTENSILS

large frypan, saucepan

NOTES

If you want to reduce the spice level in this sauce you can de-seed the chilli before slicing and adding to the sauce, or only use half the chilli.



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 12-15 minutes. Drain and rinse.



2. MAKE THE SAUCE

Thinly slice half the chilli (see notes) and stems from coriander, zest and juice half the lime (wedge remaining). Add to a bowl with **1/2 tbsp maple syrup, 1 tbsp sesame oil, salt and pepper**. Whisk together.



3. COOK VEGETABLES

Heat a frypan over medium-high heat with **sesame oil**. Julienne or grate carrot, trim and halve green beans, slice capsicum. Add to pan as you go with **1 tsp turmeric and 1/4 cup water**. Cook, stirring, for 4-6 minutes.



4. ADD SAUCE AND QUINOA

Pour cooked quinoa into frypan with prepared sauce and cashews. Mix well, cook for 3-4 minutes.



5. FINISH AND PLATE

Divide stir fry into shallow bowls, top with fresh coriander and lime wedges.

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**

