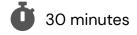




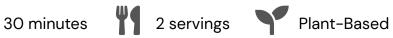
# Quinoa, Grape & Avocado Bowl

## with Golden Dressing

A fresh and vibrant medley of quinoa, sweet grapes and creamy avocado finished with a golden turmeric dressing and crunchy roasted chickpeas.







You can add some tahini into the dressing for a creamier finish. If you have some fresh herbs such as mint or coriander, they also work well in this salad bowl.

PROTEIN TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

ORGANIC MIXED QUINOA	100g
LEMON	1/2 *
KALE	1/2 bunch *
RED GRAPES	200g
RADISHES	1/3 bunch *
AVOCADO	1
ROAST CHICKPEAS	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

saucepan

#### **NOTES**

To quickly remove the kale leaves, hold the leaf upside down and run fingers downwards along the stem. Roll the leaves into a cigar and slice.



## 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with water. Bring to the boil and simmer for 10–15 minutes until tender. Drain and rinse. Set aside.



## 2. PREPARE THE DRESSING

Whisk together lemon juice, 2 tsp maple syrup, 1/2 tsp ground turmeric and 2 tbsp olive oil. Season with salt and pepper. Set aside.



### 3. MASSAGE THE KALE

Thinly slice kale leaves and add to a large salad bowl (see notes). Add 1/2 tbsp dressing and use hands to massage the leaves until soft and tender.



## 4. PREPARE TOPPINGS

Halve the grapes. Trim and slice radishes. Dice avocado.



## 5. FINISH AND PLATE

Divide quinoa, kale and toppings among bowls. Spoon over dressing to taste and garnish with roast chickpeas.



